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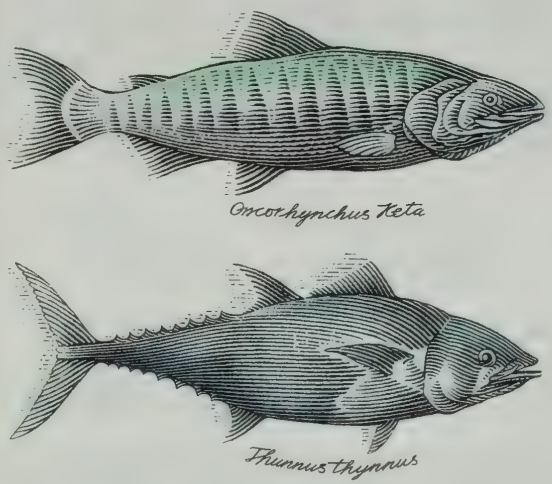


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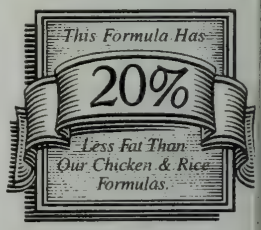
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VOLUME 76 NUMBER 1

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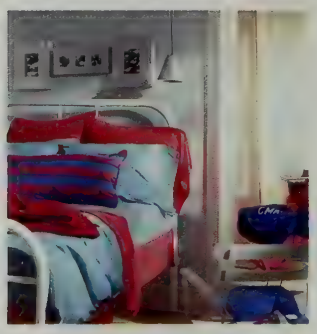
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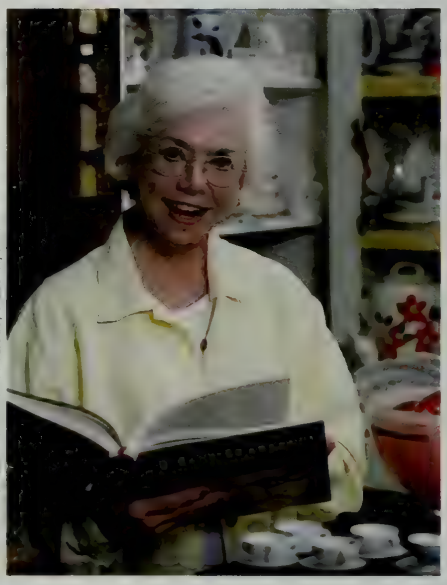


Hosts Michael and Heidi

TV just doesn't get any better than this!

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between friends



ANDY LYONS. CANAL PARK ANTIQUES, DULUTH, MN

It was a typical Midwestern winter storm with heavy snow, strong winds, and downed power lines. And it struck on the weekend, the time when all of us with an outside-the-home job try to put life back in order. You know, picking up the dry cleaning, grocery shopping, doing the laundry....

But, that weekend, chores got sidetracked. The electricity was off. The car was trapped in the garage behind an electrically operated door, so forget the shopping. My electric washer and dryer meant no laundry, and the electric oven precluded my dawdling away a winter afternoon baking. The house was strangely silent (without a radio or CD playing) *and* getting cold. Panic? Definitely not. Here was my chance to spend an irresistible, irresponsibly enjoyable day with my books!

Even when I was a kid, books were my companions, my entertainment, my escape. They still are. On that blustery day, "to do" list abandoned, I stood in my arctic boots and parka scanning the wall of books in my living room. On an upper shelf was my dog-eared copy of *Uncle Wiggily's Story Book*, a treasure from childhood. There were the books my mother has written, one a juvenile fiction award-winner. All my favorites were there, waiting to be revisited. So I harvested half a dozen titles and settled in to wait for power to be restored. And I never realized, until the lights came on, how, once again, my "book-friends" had come to my rescue. Winter storms? Who cares. I've got my books to keep me warm.

Jean LemMon

Jean LemMon, *Editor in Chief*







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"We're especially looking for poems from new or unpublished poets," indicated Howard Ely, spokesperson for The National Library of Poetry. "We have a ten year history of awarding large prizes to talented poets who have never before won any type of writing competition."

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Anyone may enter the competition simply by sending in ***ONLY ONE*** original poem, any subject, any style, to:

The National Library of Poetry
Suite 6873
1 Poetry Plaza
Owings Mills, MD 21117-6282

Or enter online at **www.poetry.com**

The poem should be no more than 20 lines, and the poet's name and address must appear on the top of the page. "All poets who enter will receive a response concerning their artistry, usually within seven weeks," indicated Mr. Ely.



Carolyn Johnson of California, pictured above, is the latest Grand Prize Winner in The National Library of Poetry's North American Open Amateur Poetry Contest. As the big winner, she was awarded $1,000.00 in cash.

Possible Publication

Many submitted poems will also be considered for inclusion in one of The National Library of Poetry's forthcoming hardbound anthologies. Previous anthologies published by the organization have included *On the Threshold of a Dream*, *Days of Future's Past*, *Of Diamonds and Rust*, and *Moments More to Go*, among others.

"Our anthologies routinely sell out because they are truly enjoyable reading, and they are also a sought-after sourcebook for poetic talent," added Mr. Ely.

Enter online at **www.poetry.com**

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family network®

READERS' SOLUTIONS

Kids Ring in New Year With Backwards Party

My four nieces and nephews, ages 3 to 12 years, go to Gramma and Pop Pop's Backwards New Year's Eve Party every year while their parents attend other parties. Everyone wears their clothes backward, walks backward, and does everything else they can think of backward, including greetings of "good-bye" instead of "hello." The highlight is the backward dinner, because they get to eat dessert first!

Barbara Krysa
Denville, N.J.

Toys Help to Lessen Many Childhood Fears

When my daughter was small, she had all the usual childhood fears. To help her, we bought a doll that we told her loved thunderstorms, a stuffed monkey that couldn't wait to see the dentist, and a teddy bear that eagerly anticipated going to the doctor for shots. It worked! The toys are now in storage waiting for the day when my daughter needs them for her children.

Sharon Lay
Tulsa, Okla.

Embroidered Baptism Gown Begins a Legacy

When my mother made the baptism gown for my daughter Amanda, mother knew I wanted it to become a family heirloom, so she embroidered Amanda's name and the date of her baptism on the hem of the gown's lining. We intend for Amanda's children and grandchildren to wear the gown and have their names and baptism dates added. What a wonderful legacy!

Petra Mayne
Elk River, Minn.

Journal Is More Than Memories

When my daughter entered high school, I bought a spiral-bound notebook with four sections—one for each year of high school and subdivisions for school, church, community, and work experience. I maintained accurate, chronological references to every award, recognition, committee or office, and volunteer service of her high school career. When she started filling out college and scholarship applications, the journal saved her hours of searching and trying to recall details.

Janice E. Sipes
Winston Salem, N.C.

Buckets Break the Ice

Last summer we held a family reunion for three generations of our families. Each family includes small children, none of whom had ever met since we're from Texas while everyone else hails from the Midwest. To get acquainted, we hosted a Texas-style dinner the first night. The best icebreakers were the personalized buckets we sponge-painted with boots, hats, and cacti and filled with inexpensive, age-appropriate gifts for each child.

Becky Priddy
Burleson, Texas

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of Better Homes and Gardens®. We will pay $50 for each idea published, if you provide your Social Security number.





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trends

It may be a madcap world out there, but you'll find fresh ways to give hassles the heave-ho. As our sampling for 1998 attests, a host of new products and ideas now hitting the market are geared to make life more user-friendly—and turn your home into an oasis of comfort.

interior design
garden
building

Continued on page 20

simplicity

Information overload and fast-track lives leave many of us with a desire to pare down and simplify. In the home, look for streamlined furniture, strong color, and unfussy fabrics. Tailored details, such as crisp cording and banded borders, prove that less is indeed more.



ON A ROLL
If you can sit on it, eat on it, or put books in it, it's likely to have a set of wheels under it. Mobile pieces like the industrial looking cocktail table (*above*) are multifunctional and fun.



TO A "T"
What do you wear to bed? If you're like most respondents to a recent poll, your favorite nightie is a t-shirt. Which perhaps explains the craze for cotton jersey bedding. Other examples of furniture cross-dressing? Fuzzy fleece throws and cable-knit blankets (*right*), and terrycloth upholstery.

CLIP ART
Sheer window treatments give hardware nowhere to hide. The newest rods and fasteners (*left*) have a high-tech look that contrasts with today's floaty fabrics.



softness

Clean-lined doesn't have to mean hard-edged. These days, home furnishings are taking their cue from fashion, with fabrics and silhouettes that are kick-back comfortable.

continued on page 22



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interior design trends



serendipity

When it comes to home furnishings, prepare to be pleasantly surprised. Colors, textures—even furniture styles—are breaking free of the old boundaries and pairing up in ways we haven't seen in some time. The new rules: Have fun. This isn't rocket science.

COLOR COMBOS

- Luggage brown and poppy red, Hawaiian Punch pink, voodoo blue
- Aquamarine and mossy green
- Orange and khaki
- Gray and lilac or celadon

SOFA'S CHOICE

It used to be you picked out upholstery and lived with it for 20 years. Not anymore. With more furniture companies offering slipcover programs, you can change your sofa's look for less than the cost of reupholstering. It's part of a growing trend toward personalization and customization in the market. Hip-hip-hooray!



HEAV'N AND EARTH

The freshest table fashions? Rustic ceramics and ethereal glassware. It's a match made, well, you know where.

continued on page 24



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pizzazz

This is not the year to restrain yourself. Let your inner child be a wild child. Let your green thumb go Day-Glo. Because if you can't have fun in your garden, what's the point? It's not a library out there, it's a playground. So even if you no longer paint the town red, you can still do so to the garden gate.

PERSONALITY
Gardeners are putting a bit of themselves in their gardens—collectibles, curios, mementos. They grow beans up a portion of Grandpa's old farm gate. They train flowering vines on what used to be part of Mom's porch. And they hide goofy iguanas amid the shrubbery. It's what makes their gardens different from other gardens.

PLANTINGS
Bold use of foliage starts with, well, bold foliage. This canna lily, called Tropicanna, is one of several striped, bright new cannas. The leaves of this one change color as it grows, so a single plant will appear almost plaid.

continued on page 26

When was the last time you had a totally organic experience?



When was the last time you were overwhelmed by organic herbs and all natural botanicals, drenched in pure mountain water? When was the last time every strand of your hair was revived, renewed, refreshed? When was the last time you were really excited about your hair? It's time to try Clairol's **Herbal Essences.**

A Totally Organic Experience

Shampoos and Conditioners

CLAIROL

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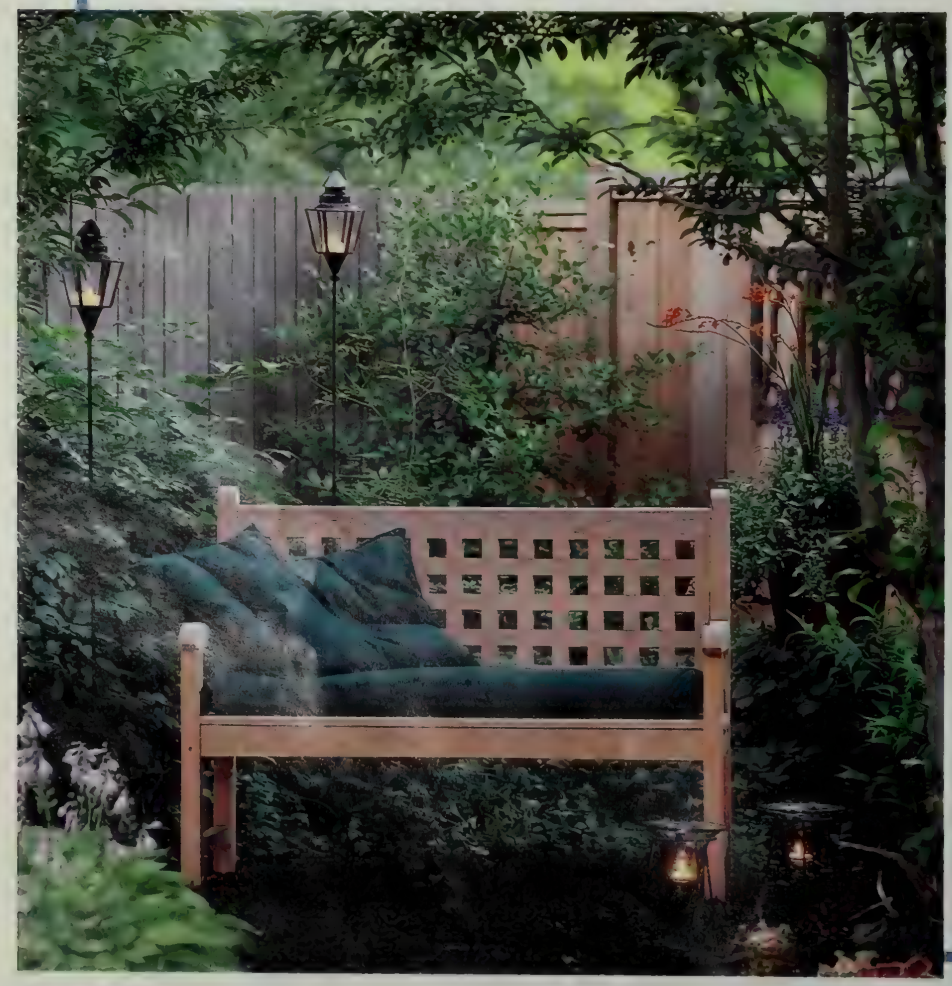
garden trends



pizzazz

PAINTING
Who said arbors, trellises, and fences have to be white? This year look for baby blue, innumerable shades of purple, and even shocking pink. Some avant-gardeners are mixing all of them.

PRIVACY
With a hedge, tree, or wall behind, you'll feel protected. With pavers or stone beneath, you'll have dry shoes. And with a chair or bench positioned just so, you will feel at peace. Now put your feet up.



peace

The other side of gardening '98 is restorative. After a long day—or an interminable workweek—the garden is where you can decompress. Just sit for a bit and recharge your batteries. Read a book, sip a drink, close your eyes. These contemplative moments are enhanced by arranging a little garden refuge. Set a chair up against something, and perhaps on something—and renew your energy and your gardening spirit.

continued on page 30

G 1997



Because our diaper absorbs so much faster, it gets a sitting ovation.

Pampers Baby-Dry absorbs faster than the other leading regular diaper to help keep your baby's skin dry and healthy.



Pampers BABY-DRY

Pamper the skin they're in.

PAMPERS BABY-DRY

Visit our Web site for expert baby care advice. www.totalbabycare.com

Sweet innocence

Lovingly presented on heart-shaped fine porcelain



"Sweet Slumber"

After playing Cupid all morning, a cherub gets a little sleepy. Time to rest his head upon a cloud and let the golden light of Heaven cover him like a warm cloak. Curling up beside his bow, little Cupid quickly falls asleep. And judging by the contented expression on his face, he's probably dreaming of the many lovers his arrows of happiness have touched.

This peaceful angel child painted by renowned Victorian-era artist Bessie Pease Gutmann® first appeared in 1912 and has touched the hearts of art lovers and collectors for more than 80 years. Now this glorious image is yours to treasure created for the first-time ever on a heart-shaped collector's plate of the finest porcelain!

The edition of "Sweet Slumber," surrounded with a delicate golden filigree border and 22-karat gold rim, is fully backed by the Bradford Exchange unconditional 365-day money-back guarantee.

Issued in a hand-numbered edition strictly limited to a maximum of 95 firing days, "Sweet Slumber" comes with a Certificate of Authenticity. An exquisite art value, it can be yours for just $29.95. Demand is expected to be strong. So, don't delay. To obtain this plate at the issue price, act now. Send no money now, just complete and mail the coupon today.

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Fired on the back of this plate is an official BRADEX™ number; this number guarantees that it is a genuine limited edition that can be traded on The Exchange™.

THE BRADFORD EXCHANGE

THE *Heart* OF PLATE COLLECTING®

Graced with 22-karat gold rim and golden filigree border



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Shown slightly larger than actual size of 6 inches high

Bessie Pease Gutmann is a Registered Trademark of The Balliol Corporation Lancaster, PA

THE BRADFORD EXCHANGE

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Limit: one plate per order. Please Respond Promptly

Please check one: Are you purchasing this plate
☐ For yourself? 57491-E81291 ☐ or as a gift? 57491-E81292

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

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*Plus a total of $3.69 postage and handling. Illinois residents add state sales tax. Pending credit approval. Edition is limited to 95 firing days. Plate stand not included.

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HI, NEIGHBOR!
Tucked-away garages make for friendlier streets and houses, so now you can make new friends on the porch rather than on a slab of concrete in front of the garage.

easy street

The real luxury now isn't a fur coat or a fat bankroll; it's having time for your favorite things. Whatever cuts routine chores down to size—such as no-wax flooring and quick-dry paints—or saves trips behind the wheel can boost your quality time.



BRUSHLESS FENCES
With fencing like this (*left*), Tom Sawyer could have spent more time sparking Becky Thatcher. It's molded from plastic, comes in several classic styles, and never needs painting.



CORDLESS CUTS
No more cords to unwind or trips to the filling station for gas and oil before you mow. The newest mowers are battery powered and cut an average-size lawn on one charge.



FLOOR FLAIR
Custom-designing your floors just got easier and faster. Oversize tiles and wood strips give you the textures of stone or the elegant intricacies of inlaid hardwoods without the fuss of fancy cutting or messy finishing.

continued on page 32

Two independent clinical tests were conducted among women 18-65.
Resulting data proved Olay Body Wash provides superior moisturization over the leading bar.



OLAY BODY WASH

E'VE PROVEN

THROUGH INDEPENDENT
STS THAT OUR BODY WASH
ACTUALLY MOISTURIZES
WINTER DRY SKIN BETTER
THAN THE LEADING BAR.

YOUR PROOF IS SKIN SO SOFT AND MOISTURIZED, YOU MAY NOT NEED ALL THAT BODY LOTION.

OIL *of* OLAY PROOF

OVEN TO MOISTURIZE BETTER THAN THE LEADING BATH BAR



POINTS OF LIGHT
Downsizing can be good. These pint-size pendants (each is a mere 3 inches wide) deliver the light you want but are small enough to hang in multiples on thin wire cable.

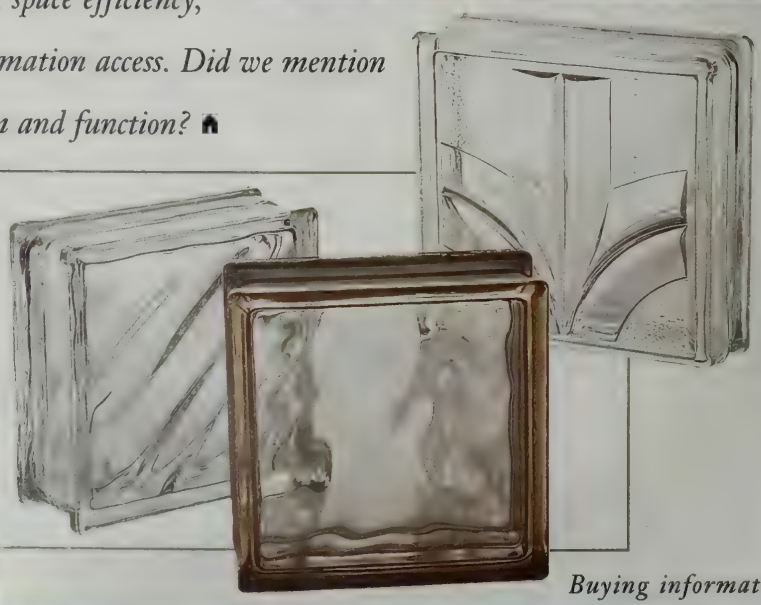
FOLD-UP PHONE
Keep the whole family—and far-flung friends—on tap in your shirt pocket or purse. Lighter, more-compact cell phones weigh less than 4 ounces and fit in the palm of your hand.



essentials

Living in the fast lane redefines our notions of what we can't do without in order to stay ahead of the pack. The new essentials are more abstract than food and shelter; they include such qualities as portability, space efficiency, convenience, and information access. Did we mention artful merging of form and function?

THROUGH THE GLASS, ARTFULLY
Today's glass blocks do more with light than just let it in; they also play with it, shape it, and tint it. Our spirit-lifting selections include wavy diagonals, curvy florals, and pale peach.



Buying information, page 86


WARM & COZY
ENSON & HEDGES
BENSON & HEDGES
5 mg "tar," 1.2 mg nicotine; Men. 15 mg "tar,"
nicotine av. per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Smoking
By Pregnant Women May Result in Fetal
Injury, Premature Birth, And Low Birth Weight.
A MOMENT OF PLEASURE
WITH THE 100MM CIGARETTE

"It's something I do fo



nyself every day.
I take my Premarin."

"Three years ago my doctor and I agreed that taking PREMARIN was right me. I've been taking it ever since, with my doctor's approval. I feel wonderful... menopausal symptoms are gone and I know I'm helping to prevent osteoporosis l protect my future. Taking PREMARIN is part of my daily routine."

PREMARIN is prescribed for relief of the uncomfort- symptoms of menopause, as well as prevention of the us bone disease osteoporosis. In fact, PREMARIN is the estrogen proven to help prevent osteoporosis. It's rtant to speak with your health care provider to help mine your risk for osteoporosis.

PREMARIN, a complex blend of estrogens, has been cribed for more than 50 years. The most studied of all gens, PREMARIN has earned your confidence, just as it earned the confidence of generation after generation omen all over the world. Today, PREMARIN is taken by than 9,000,000 women in the U.S. alone.

PREMARIN is the brand you can depend on. th-Ayerst, a world leader in women's health care, goes eat lengths to ensure the quality of PREMARIN during anufacturing process. Of the 40 billion PREMARIN ts sold, not one has been recalled. Ever.

Those are some of the reasons why so many en and their doctors have confidence in PREMARIN... why you can have confidence, too.

There can be side effects with hormones. side effect of estrogen replacement therapy is the pos- ty of developing cancer of the uterus. If you have had sterectomy, you don't have this risk.

When you discuss hormone replacement therapy your doctor or health care provider, be sure to dis- your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, or heart disease. Women who are pregnant should not take hormone replacement therapy because of possible risk to the fetus.

Look for the oval tablet. The unique appearance of the PREMARIN tablet, with the name PREMARIN on it, is your assurance that you're getting the estrogen therapy that offers a combination of excellent quality and 50-year heritage...all for only about 40 cents per day. PREMARIN is the most prescribed medication in the country. Many women find that very comforting.

And, if you take PREMPRO™ (conjugated estrogens/medroxyprogesterone acetate tablets) 0.625 mg/2.5 mg or PREMPHASE® (conjugated estrogens/medroxyprogesterone acetate tablets) 0.625 mg/5 mg, which contain the same estrogens found in PREMARIN, you can enjoy that same level of confidence.

If you have any questions about your PREMARIN prescription, speak with your doctor or health care provider.

Please be sure to read the important information on the following page.

"When I take my PREMARIN, I know I'm doing something good for myself. PREMARIN will continue to be my brand of estrogen."

For me, it's **PREMARIN®**
(conjugated estrogens tablets, USP) 0.625 mg

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMPRO™ Brand of conjugated estrogens/medroxyprogesterone acetate tablets.
This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment.

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). *THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.*
Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.
Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS
PREMPRO is a combination of two hormones, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and set up an appropriate schedule for follow-up care with your physician.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white or Asian race, thinness, cigarette smoking, family history, and early or surgical menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED
During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breast-feeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breast-feeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS
Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some ies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for long periods of time (cially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on the risk of breast cancer are unk Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Others have not. Fr breast examinations by a health professional and monthly self-examination are recommended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than wome do not use estrogens.

Inflammation of the Pancreas. Women with high triglyceride levels may have an increased risk of developing inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack, or a pulm embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four months of preg Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and genital abnormalities in ma female babies. The risk to the male baby is the possibility of being born with a condition in which the opening of the penis is on the underside than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male births and is about doubled with exposure to these There is not enough information to quantify the risk to exposed female fetuses. However, enlargement of the clitoris and fusion of the labia may although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as hypospadias in th fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as a test for pregnancy, but such us longer considered safe because of possible damage to a developing baby. Also, more rapid methods for testing for pregnancy are now availa you take PREMPRO and later find you were pregnant when you took it, be sure to discuss this with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS
In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:
- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE
If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a checkup. If you vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer or if you have breast lumps or an abnormal mammogram (breast X ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:
- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath, or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. Taking pr another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might diabetic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease. However, this is tain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not by the estrogen treatment general, treated women were slimmer, more physically active, and were less likely to have diabetes than the untreated women. These chara are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benefits of lo estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharmacist to let the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4665-3) revised May with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4664-3) revised May 21,1997.

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Philadelphia, PA 19101

For the best times of a woman's life.

Seasons® MAGAZINE

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PREMARIN®
(CONJUGATED ESTROGENS TABLETS, USP) 0.625 mg,

PREMPRO™
(CONJUGATED ESTROGENS/MEDROXYPROGESTERONE ACETATE TABLETS) 0.625 mg/2.5 mg,

OR PREMPHASE®
(CONJUGATED ESTROGENS/MEDROXYPROGESTERONE ACETATE TABLETS) 0.625 mg/5 mg

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- *Seasons* delivers straight talk on menopause to help you get a handle on the ways it affects your life.
- *Seasons* presents a fresh slant on beauty, fitness, even personal relationships...just for you right now.
- *Seasons* includes interesting, informative articles on health and lifestyle.
- *Seasons* features interviews with celebrities and interesting personalities.

Seasons® magazine is published by Wyeth-Ayerst Laboratories, maker of Premarin Tablets.

design

Border Art

Matted and framed like a work of art, this fruit-basket still life proves a point: Wallpaper borders aren't what they used to be.



Rich colors and painterly detailing in this wallpaper border deserve framing within stained moldings and a painted red mat.

In the past, decorative wallpaper borders have been limited to supporting roles, either as accents for the main wallpaper pattern or as subtle stand-ins for absent architecture. But more and more, they're becoming the main event. And for good reason.

Improved technology means papers that crown, bisect, or ground the room (depending on where you place them) can be art in their own right. They can be meticulously reproduced prints of painted scenes or still lifes, such as this one. Or, they can be convincingly realistic takeoffs on fabric, needlepoint, or even rag rugs.

So why not treat them the way they deserve, with an artful presentation? Paint a red stripe above and below this chair-rail border. Combined with the border's blue edging, it creates its own double-mat effect. Then this piece of "art" is finished with a frame: a thin strip of stained molding mounted top and bottom—just enough to encase the "art" without intruding on it. ⌂

Soap scum's tough.

The Clorox Company.

Stop his cold before it starts



Germs have a way of spreading around the house, even when you do your best to keep them to yourself. That's why there's LYSOL® Disinfectant Spray. It kills a whole host of germs on hard surfaces, includi the cold-causing rhinovirus. *In fact, a recent day c center study* showed that LYSOL Spray played ar important part in helping to reduce illness, keeping kids from getting sick as often.* So this winter, make regular use of LYSOL Spray part of your healthy routine, along with hand washing, and kill the cold germs before they strike.

*"Impact of an infection control program in a specialized preschool," American Journal of Infection Control, June 1996.



©1997 Reckitt & Colman Inc.

design

Single-Stroke Color



A blend of rough and smooth, shiny and matte surfaces adds interest to a subtle beige-and-cream color scheme.

As easy to live with as they are to create, monochromatic color schemes are the answer for folks seeking simplicity in decorating. Monochromatic schemes are restful and inviting because they keep color contrast to a whisper. Instead of the drama created by a complementary color scheme of opposites—like red and green—a single color palette offers more subtle variations.

Begin by choosing a single color, then add interest by mixing in that color's shades (a lower value of that color with the addition of black) and tints (a color altered with a touch of white). This weave of darker and brighter hues keeps the eye roving, preventing visual boredom.

Another way to ensure interest in a monochromatic scheme is to include a diverse mix of textures. A singl color will look different when applied to a variety of sur faces. As a general rule, heavier textures absorb more ligh and appear darker; shiny surfaces reflect light and are see lighter. Also, be sure to include transparent element such as glass, in the mix as well as opaque objects.







OR

Nothing lasts longer
than Charmin Triple Roll.
And it's still so soft.



**Nothing This Soft
Lasts This Long.**

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Holiday Thank-Yous

Tips for parents to encourage, cajole, bribe, or inspire children to write thank-you letters.

by Sue Stauffacher

One of the many reasons to love Santa is that you don't have to write him a thank-you note. But the kindness of earthbound gift givers needs to be acknowledged. In her book *More Than Manners: Raising Today's Kids to Have Kind Manners & Good Hearts*, Letitia Baldridge reinforces the idea that parents must work hard to develop in their children the gracious habit of thanking others.

"If you cajole, threaten, encourage, bribe, inspire, push, and pull a child to get that letter written, in time the child will eventually start to write the thank-yous himself or herself without being told to do so," Baldridge says.

Start young. The easiest way to make note writing a habit is to start when kids are young and harness the enthusiasm children bring to "grown-up" tasks.

Even 3-year-olds can be involved in the writing process. Have them sit by you as you write the card, setting the items to be acknowledged nearby. If your child received a stuffed bunny, for example, hold it up and ask if it has a name yet. Three- to 5-year-old kids are so creative that even a brief conversation will provide plenty of personal information for your note. Your child can draw a bunny picture while you write.

As children gain language skills they can dictate the notes to you. Very young children can make Xs and Os at the bottom of the paper and scrawl their names as well.

Ease children into letter writing. Kris Duimstra, the mother of four children ranging in age from 4 months to 9 years, sits down with her kids the day after Christmas and makes a list of all who need to be thanked. But she doesn't try to accomplish the task in one sitting.

"Sometimes they're in the mood to do three in a row, and sometimes it's a struggle to do one. I don't force it. If I do, they'll fight it and hate doing it."

A former art teacher, Duimstra tries to keep the work fun by providing the kids with stamps and markers when they work. As an incentive, she allows her kids to trade chores for thank-yous. She says, "Instead of setting the table for dinner, they can write a note."

Duimstra keeps chipping away until it's done. Her only rule is: "Just so it's not embarrassingly late."

Prepare kids in advance. Before the holidays, allow children to pick out the stamps, stationery, and a special pen. Reserve these items for thank-you notes only.

Discuss a good time to work on the notes and mark the day on the family calendar. You may also add incentive by promising that's the evening you'll go to the movies together—as long as the thank-you notes are completed.

How long should thank-you notes be? This varies from one household to another and depends on the age of the children and their letter-writing ability. Baldridge recommends a few paragraphs to include a chatty description of the family holiday. Duimstra has a rule that the kids need to write at least one line of description about the gift they received in addition to thanking the giver.

Remind your child that gift givers need to be acknowledged for their thoughtfulness even if it wasn't the perfect present. Ask your child to describe the qualities of a gift. If kids focus on qualities (scarves keep them warm, for example) as opposed to how they felt about receiving it, they can thank the giver without being dishonest.

With a little thought and gentle persuasion, thank-you notes can be written and sent with a minimum of fuss. Who knows? You might even get your own done. ⌂

See page 143 for fun-to-make thank-yous.

o things quickly.
eaving more time for happy.

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Winning Strategies From Losers

by Anne M. Fletcher, Registered Dietitian

In the largest study ever of "losers"—folks who lost an average of 66 pounds and kept them off for at least five years—participants were asked how they achieved their success. "Few used extreme strategies, such as fad diets, drugs, or surgery," noted Dr. Mary Lou Klem, director of the University of Pittsburgh National Weight Control Registry study. Nearly everyone reported using a conventional combination of exercising more and eating less. Accumulating evidence suggests that with this kind of effort, you can lose weight—and keep it off.

Hope for yo-yo dieters

It is a powerful—and self-defeating—myth that people whose weight bounces up and down are doomed to a lifetime of dieting misery and failure. Yet many of the people in the registry study who were successful with weight loss spent years losing and gaining before they finally found that success.

Take Becky Meyer—a mother of five who lost and kept off 40 pounds. She tried fad diets, high-protein diets, restrictive diets, diet pills, and every other gimmick. But she'd just lose weight and put it back on again. She finally quit trying what she calls "goofy" diets.

Becky's first step was to break her "starve-all-day, eat-all-night" pattern. Instead, she ate three small meals a day with healthful snacks—such as yogurt, apples, and pretzels—in between. She also began a simple and regular exercise program. Sticking with her new habits—and, after four subsequent pregnancies—Becky sports a svelte 122 pounds on her 5-foot-5-inch frame.

Weight loss, despite genetic barriers

Even inherited weight problems can be licked. Seven out of 10 weight losers in the study were heavy as children and teenagers. In about as many cases, one or both biological parents were overweight. Susan Coughran, 51, recollects, "When I was ten my mother made me a crinoline dress, and I looked like a hippopotamus in it. By the time I was in college, I weighed 250 pounds."

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Winners

continued from page 48

Susan lost weight by eating fewer fatty foods and more vegetables, fruits, fish, and chicken. She's maintained her size 10 figure for more than 20 years now.

Diets just a beginning

The overriding message from registry participants: Find a way to lose weight that suits your own needs and preferences. One helpful strategy is to reexamine your past weight-loss attempts and identify what did and did not work for you.

For instance, if it helped to pack your lunch the night before work, then start doing it again. Or, try setting your alarm back 45 minutes and rouse yourself for an early morning walk before heading to the office. Perhaps mornings aren't a convenient time for you to exercise? Then try another approach—say, a quick jog on your lunch hour.

No pain—and no weight gain

The idea that keeping weight off is harder than losing it in the first place is a myth. Two-thirds of people in the registry survey found weight maintenance was either "easy" or "moderately easy."

Nine out of 10 successful weight losers in a different survey found that once they were in the maintenance stage they "didn't feel like they were dieting," and the overwhelming majority said they enjoy food. Hazel Underwood (who lost 40 pounds) declares, "I no longer think of myself as 'dieting.' My eating habits have changed for life."

Hazel advises, "Rather than focus on being deprived, think of the rich reward of weight loss," even after you've lost the weight and are holding steady.

Successful goal-setting

Most of the successful losers interviewed don't fit society's—or a fashion model's—definition of thin.



Remember: Slow and steady wins the race.

That's OK: Too often would-be weight losers establish goals that are too severe, automatically setting themselves up for failure and disappointment because they either can't reach the goal or find it hard to maintain if achieved. Successful losers set a goal for a weight that's both realistic and maintainable.

One technique that can help you focus on progress when you hit a weight plateau is to keep a daily record of successes, such as walking for 20 minutes on your lunch hour or having fruit instead of pastry for a snack. If your weight isn't yet where you want it to be, remind yourself of how far you've come—you may be down a size or two, sleeping better, or have more energy.

A comfortable body weight is one that you can maintain without starving and thinking about food all the time, and at which you have no weight-related medical problems and can say, "I feel pretty good."

Cindy Poole, who 15 years ago weighed 235 pounds, says, "When I got down to 140 pounds, I felt like I was in a cage and had to count the calories of everything I ate." At 5 feet 8 inches tall, Cindy has settled in at a personally "comfortable" weight of 150 pounds.

Keeping exercise simple

Burning an average of 400 calories a day through exercise—as the registry study losers did—sounds like a lot, but it's the equivalent of walking briskly for about an hour to an hour and a quarter. In fact, your chosen activity needn't be back-breaking or fancy. Successful losers rank walking as the most popular form of exercise. Biking and aerobics are also popular.

Dorothy Crenshaw, who lost 25 pounds, advises, "Regular exercise not only burns calories, it reduces the stress that triggers overeating. It's helped me feel better physically and feel good about myself."

The best news is that permanent weight control is within reach, whether you want to lose 10 pounds or 100. When we learn from losers, their loss becomes our gain.

—Anne M. Fletcher is the author of the books Thin For Life *and* Eating Thin For Life. ♦

Winning Snacks

The right kinds of snacks are a boon to weight loss and maintenance. They keep you from being hungry plus allow you to enjoy smaller meals. These three favorite snacks of successful weight losers all contain 200 calories or less:

One medium apple baked with cinnamon and raisins.

One ½-ounce slice low-fat pound cake, topped with ⅓ cup fresh sliced strawberries and ¼ cup fat-free strawberry frozen yogurt.

Curried popcorn: 4 cups air-popped popcorn tossed with ½ tablespoon olive oil and seasoned with curry powder and salt.

From the book *Eating Thin For Life: Food Secrets and Recipes From People Who Have Lost Weight and Kept It Off*, Chapters Publishing, Boston, 1997.

Only 20% of New Year's resolutions are kept.
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by Gary Legwold

Have Fun, Not Fractures On Snowboards

The thought of your son or daughter hurling down a mountain strapped to a small board probably sends shivers down your spine. To remove some of the chill, have them read these tips from the American Orthopaedic Foot and Ankle Society (AOFAS) and the American Academy of Orthopaedic Surgeons.

1. Wear wrist braces. Thirty percent of snowboarding injuries are to wrists and forearms, which absorb most of the forces in a fall. Snowboarders are more than four times more likely to suffer these injuries than downhill skiers.

2. Take a couple of slow runs to warm up and scout out terrain and snow conditions.

3. Stay on marked trails and avoid high drifts. Also, avoid areas around the base of trees, where you can become trapped in deep, soft snow.

4. Be aware of "snowboarder's fracture," an ankle injury doctors rarely saw before snowboarding became popular. One in five beginning boarders hurt the side of their foot just below the ankle bone.

The equipment and maneuvers required for the sport are largely to blame. Snowboarders wear soft-shelled boots to allow for free range of motion for the ankles compared to the hard-shelled boots alpine skiers wear. If you have persistent ankle pain when you're off the snowboard, alert your doctor.

5. Avoid steep hillsides with little vegetation. These possible avalanche areas become especially dangerous after a heavy, wet snow or in warmer late-spring weather.

6. Always maintain contact with a partner.

7. Stop whenever you get tired or cold.

For a free copy of "Get Smart About Snowboarding," send a business-size self-addressed, stamped envelope to: AOFAS, 1216 Pine St., Suite 210, Seattle, WA 98101.

PUSH AWAY PAIN

Swimming is often prescribed for pain because it's aerobic and easy on the joints. Another exercise may be weight training, based on findings from a study at the University of North Texas, Denton.

Thirty-one healthy men and women were tested to see what their pain tolerance was before and after one weight-training session. Pain was inflicted by applying pressure to the person's right index finger between the first and second knuckles.

After the weight-training session (which consisted of three sets of bench presses, leg presses, pull-downs, and arm extensions) all the subjects experienced a temporary increase in pain tolerance and a decrease in pain ratings.

Cheaper Inserts Are Better

For heel pain, many doctors have been prescribing custom-made, rigid foot supports called orthotics, when over-the-counter shoe inserts may work just as well or better.

Heel pain, known as plantar fasciitis, affects 10 percent of all runners and 2 million people a year, says Dr. Carol C. Frey, associate professor of orthopedic surgery at the University of Southern California.

Dr. Frey and colleagues studied 240 patients with heel pain and found that 81 to 95 percent found relief using three types of over-the-counter shoe inserts that cost from $8 to $40. About 70 percent of those who used orthotics—which cost $300 to $600—found relief. Of the patients who did stretching exercises without an orthotic, 72 percent had diminished heel pain.

"We were shocked," says Dr. Frey. "Over-the-counter inserts significantly outperformed the orthotics." To avoid heel pain, wear shoes with good arch supports and heel control. Don't stand for prolonged periods on hard surfaces and maintain a healthy weight. A gain of 20 pounds or more can hurt your feet.

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Old Army Trick May Banish Blisters



Rubbing antiperspirant on feet sounds more like a joke played on newly enlisted soldiers than a medical study, but it may actually help reduce blisters and warm cold toes.

Dr. Katy Reynolds, a colonel at the United States Army Research Institute of Environmental Medicine, tested a prescription antiperspirant (stronger than over-the-counter brands) on 328 West Point cadets before they left on a 12-mile march.

The antiperspirant, which causes sweat glands to close, reduced sweating and friction. Only 21 percent of the antiperspirant group developed blisters versus 48 percent of a placebo group of 339 cadets who rubbed alcohol on their feet.

To see if this will work for you, apply antiperspirant to a small area of your foot. If no irritation develops, spray or rub some on your feet. Make sure your feet are dry, and apply the antiperspirant on the soles and between the toes. Avoid spraying the tops of your feet, which are more sensitive to irritation.

Do this at bedtime for at least three consecutive nights before you go running or skiing. The antiperspirant will slow the flow of sweat. As a result, your feet will stay drier and warmer, especially if you wear socks that wick moisture away from skin, such as polypropylene sport socks or wool-polypropylene blend ski socks.

"You may not get as dramatic an effect using over-the-counter brands, but you'll see less sweating, blisters, and cold feet," Dr. Reynolds says.

TOP 10 FASTEST GROWING SPORTS

From its home office in Mt. Prospect, Illinois, the National Sporting Goods Association has compiled a list of America's fastest growing sports. The annual list is based on a survey of 35,000 households.

10. BILLIARDS/POOL
9. CANOEING
8. RACQUETBALL
7. BACKPACKING/CAMPING
6. ALPINE SKIING
5. KAYAKING/RAFTING
4. SOFTBALL
3. TARGET SHOOTING
2. SOCCER

And the fastest growing sport in America is...

1. SNOWBOARDING

Skip TV Exercise Machines

Channel surf on any Saturday morning through the sea of infomercials and you realize two things pretty quickly—cartoons aren't that bad and you need to get a hobby. And yet this hokey, testimonial television makes a lot of money selling stuff, including exercise equipment.

The American Council on Exercise (ACE), a nonprofit health and fitness organization, commissioned a group of exercise scientists to check out the claims of three types of exercise gear sold on TV. The result: All received low marks.

- Air gliders, which move your legs and arms as you stride on suspended foot platforms, had questionable stability, durability, and adjustability. Even when people exercised at maximum effort on these popular devices, the workout was less effective for most exercisers than a quick walk or a slow jog. Most air gliders cost about $200.
- None of the $75-plus abdominal trainers—curved bars that claim to help tighten tummies—are more effective than doing simple, unaided stomach crunches. To do a crunch, lie down with knees bent at a 45-degree angle. Sit up only to the point where your head and shoulders are about 6 inches off the floor.
- Aerobic riders are pedal-push-pull machines that can cost up to $600. The researchers found that a person burned approximately 25 percent fewer calories using an aerobic rider than during a similar workout on a treadmill.

ACE spokesperson and exercise physiologist Richard Cotton says these exercise machines aren't all bad. "If they help get someone started, fine," he says. "But when the equipment doesn't meet expectations, it leads to disappointment and discouragement. It makes for another failure for exercisers."

If you are itching to spend money on exercise, Cotton recommends joining a health club or hiring a personal trainer. At the very least, wait until the exercise gear shown on the infomercial reaches the retail market, where the price drops dramatically, he says.

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by Donald Zolan

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by Ad Hudler

The REAL Truth About Health Myths

In our constant quest to live better and longer, we seek out and devour every morsel of how-to health news we can find.

The challenge lies in finding the truth that is obscured by all the hype. Indeed, health myths are as stubborn as ink stains. Passed down from generation to generation or created anew, they refuse to fade away.

We hear them so often we just assume they're true: An apple a day keeps the doctor away. Microwave ovens will give you brain cancer. Vitamin C helps prevent colds. Some myths have roots in Old English lore, or in one single newspaper quote blown out of proportion. Others are based on nothing more than instinct and emotion.

However, not all folktales are myths. In many cases, science reinforces what our parents and grandparents have been preaching. Here is the truth behind a few of the most enduring.

If you look at a solar eclipse, you'll go blind

This simple, yet terrifying saying sounds far too extreme to be real, but it's no fable. Staring at the brightest light source in our solar system—even during an eclipse—can partially blind a person temporarily or forever.

As sunlight enters the eye it changes from light energy into thermal energy, or heat, burning the retina much the same way sun burns skin. Severity of eye damage depends on several things, such as the length of the gaze, the amount of clouds in the sky, even the level of humidity and smog, which help filter out light.

"This one is definitely not a myth; there is documented eye damage," says Dr. Patricia McLaughlin, an assistant professor of ophthalmology at New York Hospital's Cornell Medical Center.

For example, military personnel and their families on a base in Hawaii observed a partial solar eclipse on February 4, 1962. Days later, after some soldiers reported trouble shooting their weapons accurately on a firing range, doctors discovered that several peoples' vision dropped from 20/20 to anywhere from 20/60 to 20/200. Most eventually recovered though some never saw as well as they did before the eclipse.

The blinding light disturbs the central vision, not peripheral vision. People with burned retinas will have a blurry spot in their field of vision, meaning they'll see things much the same way someone would see if they had a finger-size smudge of petroleum jelly in the middle of their glasses.

"You can be legally blind but still function," says Dr. McLaughlin. "Still, this is not a joke; during a solar eclipse people really need to take protection."

Her advice: When viewing a solar eclipse, always protect your eyes with dark glasses and peep through a piece of paper that has been pierced with a pin. Look for no more than a few seconds.

health myths continued on page 6

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Health Myths

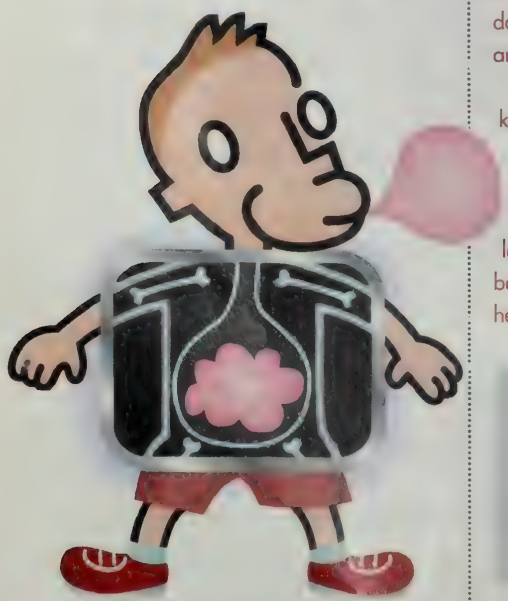
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If you swallow chewing gum, it takes seven years to digest

Forget that scary vision of a wad of gum bouncing around in your stomach like a basketball in an empty gymnasium. While it's true that gum is not digestible, it does not linger in the stomach. Like bran and the skins of many fruits and vegetables, chewing gum is a fiber. Fiber, of course, is that wonderful substance that helps push food rapidly through the body.

"Gum passes right on through the intestines. It doesn't stick just because it's sticky," says Susan Mikolaitis, a registered dietitian with Loyola University Medical Center.

This myth's source is unknown, but Mikolaitis guesses it comes from years of parents trying to keep their children from swallowing gum. "It's not seen as socially the right thing to do," she says. "Parents fear children may choke on it, but nothing bad will happen to your digestive tract."





Spicy foods will give you nightmares

Enchiladas and Thai green curry most likely do not encourage the nocturnal bogeyman. The main reason people think spicy foods create bad dreams is because these foods can create discomfort, which leads to restless sleep. Another possibility is that spicy foods are often eaten with alcohol, which is known to cause increased intensity of dreams in the last half of the night.

Peppers and spices derived from peppers can stimulate more gastric acid and relax the valve at the top of your stomach, which can allow food to work its way up the esophagus when lying down, says Dr. Virgil Wooten of the Sleep Disorders Clinic at Eastern Virginia Medical School and spokesman for the American Sleep Disorders Association.

"I have patients say if they eat certain foods, they have more nightmares, and I don't really know what to make of that," he says. "Despite the lack of evidence, I suppose it's possible because there are medications doctors prescribe that cause more dreams and nightmares in some patients."

The best advice is to be wary of the time you eat spicy foods and drink alcohol; turbulent stomach storms will be noticed more if you eat or drink closer than three to four hours before bedtime. Milk may calm those dreams. It's a source of tryptophan, an amino acid that helps the brain produce serotonin, a chemical that turns on the brain's sleep switch.

MICROWAVE OVENS GIVE YOU BRAIN CANCER

Not true. The American Cancer Society says data suggesting a possible link is "weak, inconsistent, and inconclusive." Government regulators agree. "There is no scientific data that shows that microwaves cause cancer of any kind," says Sharon Snider, spokesperson for the Food and Drug Administration.

health myths continued on page 64

When Thy Nose Runneth Over, Thy Tissue Should Not.



Kleenex® ColdCare®
has three plush layers, not two.

When the tissue's three layers thick, three layers soft and three layers strong, what goes in, stays in. That's why it's best at caring for noses on the run.

ColdCare® TISSUE

All your nose needs.™

HEALTH

How to help antibiotics help you.

Have you ever asked your doctor for antibiotics to treat a cold or the flu? Do you sometimes stop taking your antibiotic prescription once you start to feel better? Or have you ever saved "leftovers" for next time? If so, read on.

Since their discovery more than 50 years ago, antibiotics have been a key factor in fighting bacterial infections and keeping us healthy. If you've ever been diagnosed with such common conditions as pharyngitis, chronic bronchitis, or a middle ear infection, chances are you've taken the Yet antibiotics remain one of the most misunderstood a misused medications.

The truth is, antibiotics should be taken only wh necessary and are effective only when used proper While only your doctor can determine when you ne them, there is much you can do to help. Start by readi these facts, and tips on proper usage.

What is an antibiotic?

Antibiotics are medications that either kill bacteria or stop them from growing. They are most commonly prescribed for bacterial infections, often involving the lungs, throat, or middle ear. Different antibiotics may be used for different types of infections. Only your doctor can determine what infection you have and which antibiotic is appropriate to treat it.

When is it appropriate to take an antibiotic?

Antibiotics only work against bacterial infections. So if you have a viral infection, such as the common cold or flu, do not expect or insist that your doctor prescribe you an antibiotic. Only your doctor can determine the type of infection you have and whether an antibiotic is necessary.

Why are some antibiotics prescribed differently than others?

Each antibiotic has a different chemical structure and this affects the way it works in the body. The specific antibiotic and the type of infection it's being used to treat, determine the number of days and the number of doses per day the antibiotic needs to be taken. Some antibiotics can be taken for 5 days while others are taken for 10 to 14 days. It is important to take the specified number of doses each day for the number of days prescribed by your doctor. Let your doctor know if you're taking other medications, which could interfere with how your antibiotic works.

Why do I have to keep taking antibiotics after I start to feel better?

It's natural to begin feeling better when you first start your prescription, because the antibiotics have begun their job of knocking out harmful bacteria. But just because your symptoms are gone does not mean that your antibiotics have finished their work. If you stop antibiotics before the full course is finished, the infection may not be completely treated. Be sure to take the recommended amount of medication and follow your doctor's instructions carefully.

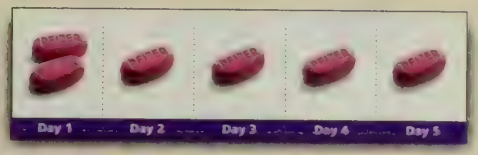
Remember these tips.

- **It's up to your doctor to decide whether you need an antibiotic, and if so, which one.**
- **Don't insist on a prescription for an antibiotic if you have a viral infection, such as a cold or the flu.**
- **Don't stop taking antibiotics before you complete your prescription, even if your symptoms are gone.**
- **Follow your doctor's instructions carefully. Take doses on schedule for the number of days indicated.**
- **Let your doctor know if you're taking other medications.**
- **Never share your medication with anyone. If you have any left over, throw it away.**
- **As with all medications, keep your antibiotics out of children's reach.**

Pfizer



Or ask your doctor about Zithromax®. Five days and you're done.



If your doctor is prescribing an antibiotic for a bacterial respiratory tract infection such as chronic bronchitis, ask if Zithromax® is right for you.

THE ONLY ONCE-A-DAY FOR FIVE DAYS ANTIBIOTIC.

Unlike other antibiotics, you take Zithromax just once a day for five days. And five days are as effective as ten days of conventional therapy, because Zithromax continues to work for several days after your last dose.

Zithromax is well tolerated. The most common side effects are diarrhea (5%), nausea (3%), and abdominal pain (3%). Although allergic reactions are rare, should one occur, discontinue this medication and contact your healthcare professional. See the brief summary on the next page for complete details.

ASK YOUR DOCTOR IF ZITHROMAX IS RIGHT FOR YOU.

For more information and a free booklet, *Is it time to call the doctor?*, call 1-800-579-DAYS.

Zithromax® ONCE DAILY FOR 5 DAYS
(AZITHROMYCIN) 250-mg tablets

Pfizer FIVE DAYS AND YOU'RE DONE.

Zithromax® (AZITHROMYCIN) 250mg

ZITHROMAX®
(azithromycin tablets)
BRIEF SUMMARY

CONTRAINDICATIONS ZITHROMAX® is contraindicated in patients with known hypersensitivity to azithromycin, erythromycin, or any macrolide antibiotic
WARNINGS Serious allergic reactions, including angioedema, anaphylaxis, and dermatologic reactions including Stevens Johnson Syndrome and toxic epidermal necrolysis have been reported rarely in patients on azithromycin therapy. Although rare, fatalities have been reported. (See **CONTRAINDICATIONS**.) Despite initially successful symptomatic treatment of the allergic symptoms, when symptomatic therapy was discontinued, the allergic symptoms **recurred soon thereafter in some patients without further azithromycin exposure.** These patients required prolonged periods of observation and symptomatic treatment. The relationship of these episodes to the long tissue half-life of azithromycin and subsequent prolonged exposure to antigen is unknown at present. If an allergic reaction occurs, the drug should be discontinued and appropriate therapy should be instituted. Physicians should be aware that reappearance of the allergic symptoms may occur when symptomatic therapy is discontinued
In the treatment of pneumonia, azithromycin has only been shown to be safe and effective in the treatment of community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy. Azithromycin should not be used in patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, elderly or debilitated patients, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia). Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents. Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis." After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis
PRECAUTIONS General: Because azithromycin is principally eliminated via the liver, caution should be exercised when azithromycin is administered to patients with impaired hepatic function. There are no data regarding azithromycin usage in patients with renal impairment, thus, caution should be exercised when prescribing azithromycin in these patients. The following adverse events have not been reported in clinical trials with azithromycin, an azalide, however, they have been reported with macrolide products: ventricular arrhythmias, including ventricular tachycardia and *torsades de pointes*, in individuals with prolonged QT intervals. There has been a spontaneous report from the post-marketing experience of a patient with previous history of arrhythmias who experienced *torsades de pointes* and subsequent myocardial infarction following a course of azithromycin therapy.
Information for Patients: ZITHROMAX® tablets can be taken with or without food. Patients should also be cautioned not to take aluminum- and magnesium-containing antacids and azithromycin simultaneously. The patient should be directed to discontinue azithromycin immediately and contact a physician if any signs of an allergic reaction occur
Drug Interactions: Aluminum- and magnesium-containing antacids reduce the peak serum levels (rate) but not the AUC (extent) of azithromycin absorption. Administration of cimetidine (800 mg) two hours prior to azithromycin had no effect on azithromycin absorption. Azithromycin did not affect the plasma levels or pharmacokinetics of theophylline administered as a single intravenous dose. The effect of azithromycin on the plasma levels or pharmacokinetics of theophylline administered in multiple doses resulting in therapeutic steady-state levels of theophylline is not known. However, concurrent use of macrolides and theophylline has been associated with increases in the serum concentrations of theophylline. Therefore, until further data are available, prudent medical practice dictates careful monitoring of plasma theophylline levels in patients receiving azithromycin and theophylline concomitantly. Azithromycin did not affect the prothrombin time response to a single dose of warfarin. However, prudent medical practice dictates careful monitoring of prothrombin time in all patients treated with azithromycin and warfarin concomitantly. Concurrent use of macrolides and warfarin in clinical practice has been associated with increased anticoagulant effects. The following drug interactions have not been reported in clinical trials with azithromycin; however, no specific drug interaction studies have been performed to evaluate potential drug-drug interaction. Nonetheless, they have been observed with macrolide products. Until further data are developed regarding drug interactions when azithromycin and these drugs are used concomitantly, careful monitoring of patients is advised. Digoxin-elevated digoxin levels. Ergotamine or dihydroergotamine-acute ergot toxicity characterized by severe peripheral vasospasm and dysesthesia. Triazolam-decrease the clearance of triazolam and thus may increase the pharmacologic effect of triazolam. Drugs metabolized by the cytochrome P_{450} system-elevations of serum carbamazepine, terfenadine, cyclosporine, hexobarbital, and phenytoin levels
Laboratory Test Interactions: There are no reported laboratory test interactions
Carcinogenesis, Mutagenesis, Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential. Azithromycin has shown no mutagenic potential in standard laboratory tests: mouse lymphoma assay, human lymphocyte clastogenic assay, and mouse bone marrow clastogenic assay. No evidence of impaired fertility due to azithromycin was found.
Pregnancy: Teratogenic Effects. Pregnancy Category B. Reproduction studies have been performed in rats and mice at doses up to moderately maternally toxic dose levels (i.e., 200 mg/kg/day). These doses, based on a mg/m² basis, are estimated to be 4 and 2 times, respectively, the human daily dose of 500 mg. In the animal studies, no evidence of harm to the fetus due to azithromycin was found. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, azithromycin should be used during pregnancy only if clearly needed
Nursing Mothers: It is not known whether azithromycin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when azithromycin is administered to a nursing woman
Pediatric Use: (INDICATIONS AND USAGE) Acute Otitis Media (dosage regimen 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with otitis media under 6 months of age have not been established. Community-Acquired Pneumonia (dosage regimen 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5): Safety and effectiveness in the treatment of children with community-acquired pneumonia under 6 months of age have not been established. Safety and effectiveness for pneumonia due to *Chlamydia pneumoniae* and *Mycoplasma pneumoniae* were documented in pediatric clinical trials. Safety and effectiveness for pneumonia due to *Haemophilus influenzae* and *Streptococcus pneumoniae* were not documented bacteriologically in the pediatric clinical trial due to difficulty in obtaining specimens. Use of azithromycin for these two microorganisms is supported, however, by evidence from adequate and well-controlled studies in adults. Pharyngitis/Tonsillitis (dosage regimen: 12 mg/kg on Days 1–5): Safety and effectiveness in the treatment of children with pharyngitis/tonsillitis under 2 years of age have not been established. **Studies evaluating the use of repeated courses of therapy have not been conducted. Geriatric Use:** Pharmacokinetic parameters in older volunteers (65–85 years old) were similar to those in younger volunteers (18–40 years old) for the 5-day therapeutic regimen. Dosage adjustment does not appear to be necessary for older patients with normal renal and hepatic function receiving treatment with this dosage regimen
ADVERSE REACTIONS In clinical trials, most of the reported side effects were mild to moderate in severity and were reversible upon discontinuation of the drug. Approximately 0.7% of the patients (adults and children) from the multiple-dose clinical trials discontinued ZITHROMAX® (azithromycin) therapy because of treatment-related side effects. Most of the side effects leading to discontinuation were related to the gastrointestinal tract, e.g., nausea, vomiting, diarrhea, or abdominal pain. Potentially serious side effects of angioedema and cholestatic jaundice were reported rarely. **Clinical: Adults:** *Multiple-dose regimen:* Overall, the most common side effects in adult patients receiving a multiple-dose regimen of ZITHROMAX® were related to the gastrointestinal system with diarrhea/loose stools (5%), nausea (3%), and abdominal pain (3%) being the most frequently reported. No other side effects occurred in patients on the multiple-dose regimen of ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following: **Cardiovascular:** Palpitations, chest pain. **Gastrointestinal:** Dyspepsia, flatulence, vomiting, melena, and cholestatic jaundice. **Genitourinary:** Monilia, vaginitis, and nephritis. **Nervous System:** Dizziness, headache, vertigo, and somnolence. **General:** Fatigue. **Allergic:** Rash, photosensitivity, and angioedema. *Single 1-gram dose regimen:* Overall, the most common side effects in patients receiving a single-dose regimen of 1 gram of ZITHROMAX® were related to the gastrointestinal system and were more frequently reported than in patients receiving the multiple-dose regimen. Side effects that occurred in patients on the single one-gram dosing regimen of ZITHROMAX® with a frequency of 1% or greater included diarrhea/loose stools (7%), nausea (5%), abdominal pain (5%), vomiting (2%), dyspepsia (1%), and vaginitis (1%). *Single 2-gram dose regimen:* Overall, the most common side effects in patients receiving a single 2-gram dose of ZITHROMAX® were related to the gastrointestinal system. Side effects that occurred in patients in this study with a frequency of 1% or greater included nausea (18%), diarrhea/loose stools (14%), vomiting (7%), abdominal pain (7%), vaginitis (2%), dyspepsia (1%), and dizziness (1%). The majority of these complaints were mild in nature.
Children: *Multiple-dose regimens:* The types of side effects in children were comparable to those seen in adults, with different incidence rates for the two dosage regimens recommended in children. Acute Otitis Media: For the recommended dosage regimen of 10mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (2%), abdominal pain (2%), vomiting (1%), and nausea (1%). Community-Acquired Pneumonia: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (5.8%), abdominal pain, vomiting, and nausea (1.9% each), and rash (1.6%). Pharyngitis/tonsillitis: For the recommended dosage regimen of 12 mg/kg on Days 1–5, the most frequent side effects attributed to treatment were diarrhea/loose stools (6%), vomiting (5%), abdominal pain (3%), nausea (2%), and headache (1%). With either treatment regimen, no other side effects occurred in children treated with ZITHROMAX® with a frequency of greater than 1%. Side effects that occurred with a frequency of 1% or less included the following:
Cardiovascular: Chest pain. **Gastrointestinal:** Dyspepsia, constipation, anorexia, flatulence, and gastritis. **Nervous System:** Headache (otitis media dosage), hyperkinesia, dizziness, agitation, nervousness, insomnia. **General:** Fever, fatigue, malaise. **Allergic:** Rash. **Skin and Appendages:** Pruritus, urticaria. **Special Senses:** Conjunctivitis
Post-Marketing Experience: Adverse events reported with azithromycin during the post-marketing period in adult and/or pediatric patients for which a causal relationship may not be established include: **Allergic:** Arthralgia, edema, urticaria. **Cardiovascular:** Arrhythmias including ventricular tachycardia. **Gastrointestinal:** Anorexia, constipation, dyspepsia, flatulence, vomiting/diarrhea rarely resulting in dehydration. **General:** Asthenia, paresthesia. **Genitourinary:** Interstitial nephritis and acute renal failure. **Liver/Biliary:** Abnormal liver function including hepatitis and cholestatic jaundice. **Nervous System:** Convulsions. **Skin/Appendages:** Rarely serious skin reactions including erythema multiforme, Stevens Johnson Syndrome, and toxic epidermal necrolysis. **Special Senses:** Hearing disturbances including hearing loss, deafness, and/or tinnitus; rare reports of taste disturbances
Laboratory Abnormalities: Adults: Significant abnormalities (irrespective of drug relationship) occurring during the clinical trials were reported as follows: with an incidence of 1–2%, elevated serum creatine phosphokinase, potassium, ALT (SGPT), GGT, and AST (SGOT); with an incidence of less than 1%, leukopenia, neutropenia, decreased platelet count, elevated serum alkaline phosphatase, bilirubin, BUN, creatinine, blood glucose, LDH, and phosphate. When follow-up was provided, changes in laboratory tests appeared to be reversible. In multiple-dose clinical trials involving more than 3000 patients, 3 patients discontinued therapy because of treatment-related liver enzyme abnormalities and 1 because of a renal function abnormality. **Children:** Significant abnormalities (irrespective of drug relationship) occurring during clinical trials were all reported at a frequency of less than 1%, but were similar in type to the adult pattern
DOSAGE AND ADMINISTRATION: Adults: The recommended dose of ZITHROMAX® for the treatment of mild to moderate acute bacterial exacerbations of chronic obstructive pulmonary disease, community-acquired pneumonia of mild severity, pharyngitis/tonsillitis (as second-line therapy), and uncomplicated skin and skin structure infections due to the indicated organisms is: 500 mg as a single dose on the first day followed by 250 mg once daily on days 2 through 5. **ZITHROMAX® tablets can be taken with or without food.** The recommended dose of ZITHROMAX® for the treatment of genital ulcer disease due to *Haemophilus ducreyi* (chancroid), non-gonococcal urethritis and cervicitis due to *C. trachomatis* is: a single 1 gram (1000 mg) dose of ZITHROMAX®. The recommended dose of ZITHROMAX® for the treatment of urethritis and cervicitis due to *Neisseria gonorrhoeae* is a single 2 gram (2000 mg) dose of ZITHROMAX®.
More detailed professional information available on request. Revised January 1997

Pfizer U.S. Pharmaceuticals

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Health Myths

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Cracking your knuckles gives you arthritis

Knuckle cracking might slightly weaken a person's grip, but it's no enough to alarm doctors.

"If there were a striking relation ship, it would have been recognize by now," says Dr. Doyt Conn, senio vice president for medical affair with the Arthritis Foundation.

It's no wonder this myth exists knuckle cracking sounds awful, like twig snapping or a bone breaking Actually, it's nothing more than a air bubble popping in the synovia fluid of your joints. The sound i relatively loud because this fluid i thick, like honey.

About 25 percent of people in th United States are chronic crackers.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

This phrase most likely comes from an Old English verse: "Ate an apfel/avore gwain bed/makes the doctor/beg his bread."

Though they're far from being a wonder drug, apples have plenty of benefits. In 1989, researchers in Japan found that people who ate three or more apples a day were less likely to develop high blood pressure as they got older.

Apples contain boron, a trace mineral that increases calcium absorption, which also may aid in preventing osteoporosis. They also contain fiber, which can help lower cholesterol.

Vitamin C Will Prevent a Cold



n the early 1970s, Nobel Prize-winning scientist inus Pauling began to tout vitamin C as a preventive easure against cancer and the common cold—and one of the ost argued medical myths of this century was born.

Since then, researchers have conducted study after study on this ubject, and they agree only on one thing: No one knows for sure hat vitamin C does for a cold.

Consider this mixed bag: In 1975, the *Journal of the American Medical Association* published a review of 14 studies about vitain C, showing that people who take 1,000 or more milligrams f vitamin C each day had fewer and shorter colds than those ho didn't—but only shorter by one-tenth of one day.

In 1987, researchers at the University of Wisconsin Medical chool found that people who took vitamin C supplements had ilder cold symptoms that disappeared, on average, five days sooner than those who didn't take the vitamin.

More recently, a study at the University of Helsinki in Finland showed that vitamin C helped prevent colds in people who normally had a low dietary intake of vitamin C.

"There's been some suggestion that vitamin C slightly alleviates symptoms after you have a cold, but I don't think there's much evidence it has beneficial health effects," says Dr. Walter Willett, professor of epidemiology and nutrition at Harvard University's School of Public Health.

Although too much of some vitamin supplements can actually be harmful for you, extra doses of vitamin C don't pose a serious health risk. Dr. Willett says the body sheds unneeded vitamin C through urination. ⌂



That's right. It's Mrs. Butterworth's new Lite syrup. Just as thick and rich as regular Mrs. Butterworth's. So everybody in your family will enjoy it.

Even if they don't believe it.



Are You Safe at the Plate?

by Nick Gallo

Most food-borne illnesses in this country aren't found on a menu. They're silently being served in our own kitchens.

"Home is often the culprit," says Stephen Knabel, a food science professor at Penn State and author of a 1995 food safety report by the Institute of Food Technologists.

Food-borne illnesses strike between 7 and 33 million Americans each year and are linked to some 9,000 deaths. Infants, the elderly, and people with weakened immune systems from cancer treatments, chronic disease, or AIDS are at higher risk for complications.

Federal officials track major outbreaks, but isolated home problems rarely get reported. Most people don't think to blame home cooking when they have a bout of diarrhea or vomiting, instead attributing the condition to the 24-hour flu.

Take hand washing, for instance. People don't always remember to wash their hands before preparing food and after every interruption. "Washing your hands might be the single most important thing you can do at home," says Morris Potter, assistant director for food-borne diseases at the Centers for Disease Control (CDC) in Atlanta.

How about you? Would your kitchen survive a food inspection? Here are some questions to help you make sure your kitchen is safe.

If in doubt, trust your eyes, nose, and taste buds to tell if food is contaminated. True or false?

False. You can't see bacteria or smell or taste the microbes makin you sick. That perfect-lookin uncooked turkey leg can be swathe in salmonella. So can a spoonful o tasty homemade cookie batte Don't rely on your senses to judg food safety.

Use common sense. Steer awa from salad bars if the produce look dried up and brown. It may hav been left at an improper tempera ture. Don't even think about tastin food from a bulging can, or one tha leaks or has an odor. It may contai botulism toxin, a tiny bit of whic could kill you.

It's safest to eat hamburge cooked:

a) medium-well.

b) well done.

continued on page 6



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Safe at the Plate?

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Well done. Cooking hamburgers thoroughly destroys harmful bacteria such as E. coli 0157:H7, the invader that killed four children and sickened more than 700 people in the Northwest in 1993. After that incident, food-safety experts recommended people cook ground beef until it's brown in the middle or until juices run clear to be sure bacteria didn't survive.

But last June, the United States Department of Agriculture (USDA) amended its advice. Fearing the internal color of meat isn't a reliable indicator of temperature, it now recommends using a meat thermometer when you cook ground beef. Burgers should be cooked until they reach 160 degrees in the center.

If you have ever tried sticking a thermometer into a thin hamburger patty, you know it's not easy to get an accurate temperature. Try using an "instant-read" thermometer, designed for use at the end of cooking time; it registers a temperature in 15 seconds. Most kitchen supply stores and some grocery store chains carry the thermometers.

If you still have trouble, abide by the old advice: "If it's pink in the middle, it's cooked too little." Instruct your children to check their fast-food burgers and return them if not cooked thoroughly.

Generally, cook all meat and egg dishes to 160 degrees, says Diane Van, supervisor of the USDA's Meat and Poultry Hotline. Cook poultry to 180 degrees. A large percentage of uncooked meat, poultry, and eggs contains small amounts of harmful bacteria, such as salmonella and campylobacter organisms. Light cooking isn't good enough to knock out these virulent threats.

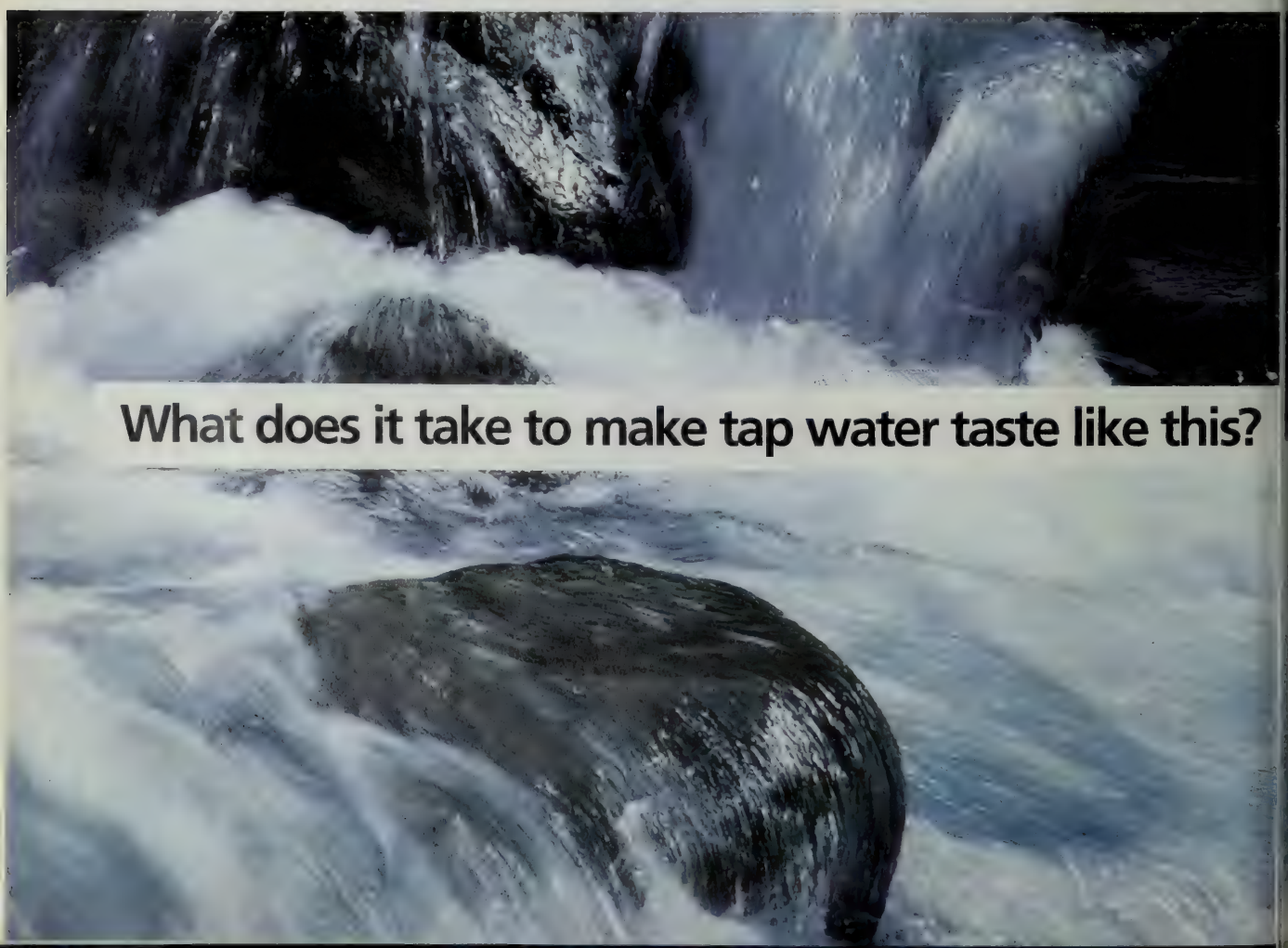
Sponges are more of a hazard than a kitchen helper and should be avoided. True or false?

False. You can use sponges and dishcloths safely if you take care to sanitize them, says Dean Cliver, a professor of food safety at the University of California, Davis.

Moist sponges have surfaces that trap food particles and bacteria. Your efforts to scrub your kitchen clean and shiny may get rid of the dirt, but unfortunately, the sponge you are using may be spreading harmful bacteria throughout the kitchen. Similarly, moist dishcloths can transfer contaminants from spills to clean tabletops or dishes.

After daily use, throw your sponge in the dishwasher and toss your dirty dishrag in the laundry. Discard sponges every few weeks and replace worn-out dishrags.

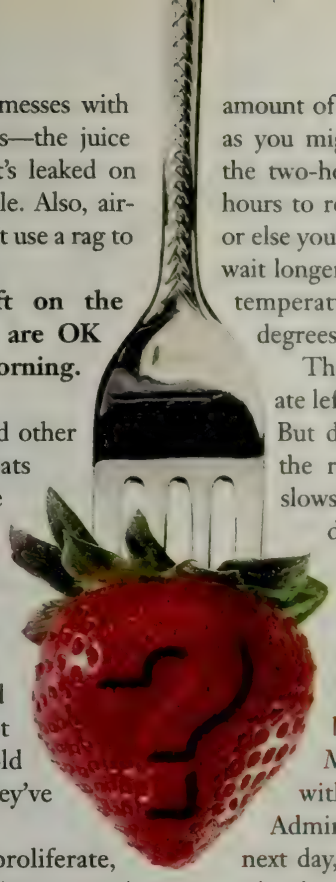
Other tips from Cliver: Use paper



owels to clean up messes with
aw animal products—the juice
rom a chicken that's leaked on
he floor, for example. Also, air-
ry your dishes; don't use a rag to
ry them.

Most foods left on the ounter overnight are OK o eat in the morning. rue or false?

False. Bacteria and other ood-borne threats asily multiply in the danger zone"—etween 40 degrees nd 140 degrees—nd thrive at room emperature. The ardinal rule of food afety is: Keep hot oods hot and cold oods cold after they've een prepared.



In order to proliferate, icrobes also require a certain amount of time, though not as long as you might think. Experts call it the two-hour rule. You've got two hours to refrigerate perishable food or else you'd better discard it. (Don't wait longer than one hour when the temperature rises to over 90 degrees, Van advises.)

The best policy is to refrigerate leftovers as soon as possible. But don't just stick the pot in the refrigerator. Refrigeration slows bacterial growth, but it doesn't kill it.

When you try to store oversize portions of food, the outer surface cools down but the center stays warm enough to harbor bacteria, explains Joseph Madden, a microbiologist with the Food and Drug Administration (FDA). The next day, when you go to serve it again, it could be swarming with clostridium perfringens, a bacteria that breeds in large mounds of foods, such as soups, stews, and casseroles.

The solution: Divide large quantities of food into smaller portions and store them in shallow containers, Madden says. Save leftover roasts and meat loafs by slicing them into smaller pieces.

The best way to defrost food is:

a) in the microwave oven.

b) on the counter.

c) in the refrigerator.

The refrigerator is the safest way to thaw out food, but it does have a drawback. It takes a long time—a day or more—to defrost many frozen foods. Another acceptable thawing method is to use a microwave oven, Madden says. But make sure to cook the food right away. Alternatively, you can thaw frozen food in a sink full of cold water, provided you change the

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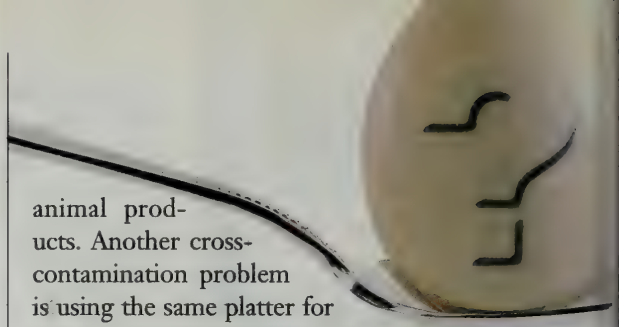
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fighter.



Growing evidence suggests that diets rich in antioxidants may reduce the risk of some cancers and heart disease. A study from the USDA found that Welch's purple grape juice has more than three times the naturally-occurring antioxidants of other popular juices.

Welch's SINCE 1869



animal products. Another cross-contamination problem is using the same platter for raw meats and cooked meats, a common practice during barbecue season. Remember even though a food is cooked, it can become contaminated if it touches infected raw meat or meat juices.

Finally, if you marinate raw meat for a meal, don't use the same marinade as a sauce for the cooked food unless you boil it first.

Microwaves can cause food-safety problems because they:

a) destroy food nutrients.

b) leave cold spots in foods.

They leave cold spots. Because of its irregular way of distributing heat, microwaves have a tendency to cook foods unevenly. While part of the food is hot enough to be out of the danger zone, hazardous bacteria can hide in cold pockets, Madden says.

Make sure to stir or rotate foods during cooking so the microwave heats evenly. Cover foods and add a little

Safe at the Plate?

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water every 30 minutes.

Don't thaw food under a stream of hot water or on the kitchen counter. At room temperature, bacteria multiply on the outside surface of food while the inner areas still are thawing.

Cross-contamination refers to an emerging problem with imported fruit. True or false?

False. Cross-contamination, a major source of food-safety problems at home, results when harmful bacteria from raw food migrates into foods that are ready to be eaten, says Margy Woodburn, professor emeritus at Oregon State University and coauthor of the textbook *Food Preservation and Safety.*

The classic example: You've prepared a roast on a cutting board; then, while it's cooking, you chop greens for a salad on the other end of the same board without washing it. Cooking will kill the bacteria on the roast, but meanwhile its buddies have most likely hitched a ride into your salad.

To prevent cross-contamination, wash cutting boards and counter tops right after they've been exposed to raw meat, poultry, or fish. Or, use separate boards for

defender.



People who follow a balanced diet that includes five or more servings of fruits and vegetables each day may lower their risk of developing some cancers. Just one six-ounce glass of Welch's Purple Grape Juice counts as one serving of fruit.

Welch's SINCE 1869

protector.



day, many cardiologists recommend a daily
irin regimen to their patients for its anti-
ling benefits. In preliminary medical research,
king purple grape juice each day also
vided significant anti-clotting effects. Research
ngoing to confirm these
ouraging findings.

Welch's
SINCE 1869

You don't need to wash every fruit and vegetable you eat. True or false?

False. Always rinse fresh produce before eating it. While animal products cause the majority of food-borne illnesses, a number of well-publicized outbreaks in recent years have been traced to vegetables and fruit.

Scientists traced an episode of food poisoning involving basil last summer to a waterborne parasite called cyclospora cayetanensis, but they're not sure how the culprit invaded the food supply pipeline. Similarly, fresh produce has been linked to outbreaks involving E. coli 0157:H7, salmonella, and shigella.

Rinse all produce just before eating, says Madden. Don't use soap—you might ingest detergent residue. Rinse fruit with rinds, too. Bacteria can grow on the rinds of melons and then be transported into the edible portion of the fruit by the knife used to cut it. Store cut or peeled fruits and vegetables in the refrigerator.

For More Information

The USDA fields questions from 10 a.m. to 4 p.m. (EST) weekdays at the Meat and Poultry Hotline. Call 800/535-4555. The agency has an Internet site at www.usda.gov/fs.

For the free booklet, "A Quick Consumers Guide to Safe Food Handling," write to: USDA-FSIS, Room 1165-S, Washington, DC 20250.

liquid to create steam, which also helps kill bacteria. Remember to let food stand after cooking to allow for thorough heating. Madden also recommends checking product packages for "stand times," the time needed for a food to sit after heating so it can finish cooking.

Which surface makes a safer cutting board: wood or plastic?

A wooden board is OK if you use it exclusively for raw meat and poultry, but plastic is best, according to recent studies by the USDA and the FDA's Center for Food Safety.

Despite earlier reports that hardwood cutting boards are safest, the new studies show that microorganisms get trapped in wood surfaces and are difficult to loosen by rinsing. Bacteria stays in the board and can contaminate other foods the next time the board is used. Microorganisms are easily washed off plastic boards.

However, a person's cleaning habits have more impact on preventing food-borne illness than the board material does, says the CDC's Potter. "The real issue is getting people to clean."

Scrub the board and kitchen surfaces with soap and hot water. A dishwasher will work for most plastic boards. Sanitize counters regularly, especially after they've been exposed to meat. Apply a solution of one teaspoon chlorine bleach to one quart of water.

and tasty, too.

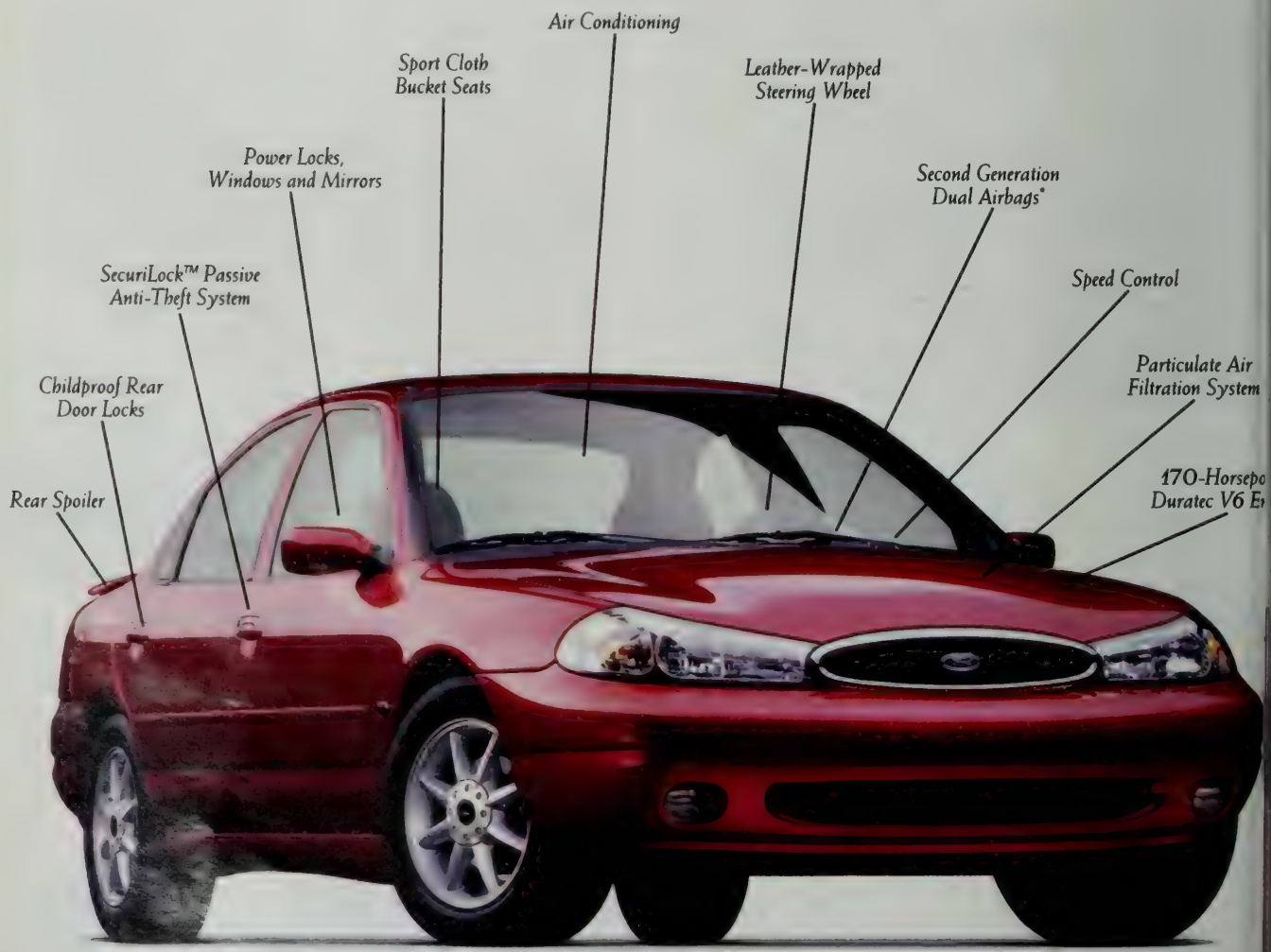


Just because a juice calls itself "grape" doesn't mean it's 100% grape juice. But with Welch's, you get all the taste and goodness that comes from being 100% pure grape juice.

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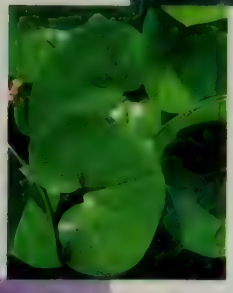
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by Mark Kane and Craig Summers Black

our picks 1998





If you didn't already suspect as much, let's get one thing straight right now: Even grizzled garden editors kill plants.

After we kill them once, we invariably try growing the plant again. Sometimes these, too, go to that big potting shed in the sky. Yes, sometimes bad plants happen to good people.

"Our Picks," however, is about the other plants—the good ones—the tested, tried, and true. These are the plants that flower and flower again. These are the ones that pump out enough produce to feed *both* our families. The ones we know and grow. The ones that refuse to die.






roses

THIS YEAR'S FAVORITE
Beginning in 1949, Griffith Buck developed roses to withstand nasty Iowa winters. That's minus 30 degrees with wind-chills of 65 below and worse. The roses also are disease-resistant, with repeat flowering and an attractive form. Hawkeye Belle (*left*) and the more readily available Carefree Beauty, a bright pink, are standouts. They also thrive down South.

NEW FOR '98
All-America Rose Selections has awarded four new roses this year, two landscape roses and two hybrid teas. First Light (*right*) is an ever-blooming shrub with spicy fragrance. Fame is a deep-pink, free-flowering grandiflora with light scent. The teas are Opening Night, a red, and the peach-colored Sunset Celebration.



PHOTOGRAPH: MICHAEL S. THOMPSON

Buck roses were developed in a harsh-winter region. There was, sadly, no budget to accommodate spraying for bugs or disease. The result? The weaklings all went by the wayside. Today, the survivors need no coddling.

PHOTOGRAPH: BRYAN E. MCCAY

annuals

FRAGRANT FLOWERS
Heliotrope is gorgeous enough, sure. But its scent sets it apart: vanillalike, intoxicating, especially in the evening. Sadly, some breeders have succeeded in breeding the perfume right out. So beware varieties such as Marine.

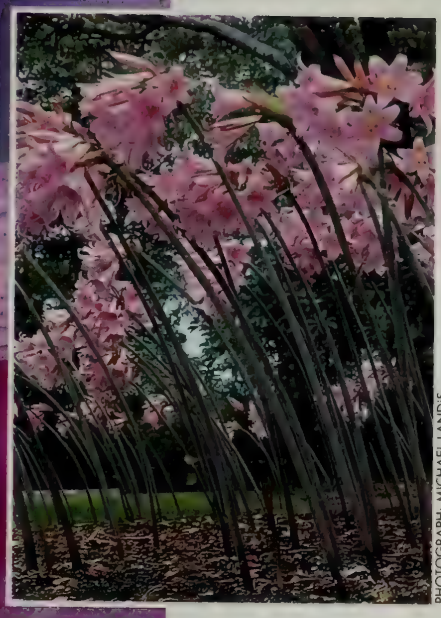
COLORFUL VEGGIES
OK, maybe you never will eat Swiss chard. But the rainbow colors of the stems of All-America Selections winner Bright Lights are reason enough to grow it—with your ornamentals. Garden Editor Mark Kane put one each in front of a hardy hibiscus and a rose. Craig Black scattered several under a crimson maple among Frances Williams hostas.

PHOTOGRAPH: MARK KANE



PHOTOGRAPH: DAVID CAVAGNARO

bulbs



PHOTOGRAPH: MICHAEL LANDIS

NOW YOU SEE 'EM
The belladonna lily is sometimes called a naked lady. In spring the bulb's leaves spring forth and then, curiously, die back. But in late summer—bloop!—up shoot the fragrant pink flowers, *sans* foliage.

STRIKING STRIPING
These are not your grandmother's cannas. These are Bengal Tigers, one of several new variegated-leaf varieties. Quite tropical looking. Garish? No, gorgeous.



PHOTOGRAPH: MICHAEL S. THOMPSON


shrub



PURPLE PETALS
The purple coneflower (*Echinacea purpurea*) is a long-blooming prairie wildflower, bursting into flower in early summer and sputtering through until frost. The Magnus variety holds its petals more outstretched than the usual kind of shuttlecock formation. Hardy to—brrrrr!—40 below.

A YELLOW EVERGREEN
The gold thread-leaf false cypress (*Chamaecyparis pisifera* Filifera Aurea) is a slow grower. Theoretically, it's a tree; in your lifetime, it will remain a shrub. Its long, ropelike, sun-catching foliage makes for an ideal specimen plant. This variety can shake off temps of 20 below.

PHOTOGRAPH: MICHAEL S. THOMPSON

A MANTLE OF GOLD
Lady's mantle (*Alchemilla mollis*) has fluffy sprays of lemon-green flowers in early summer and intriguing foliage—scalloped gray-green leaves with a velvety texture. It can take a bit of shade if need be, and also is hardy to 40 below.

perennials

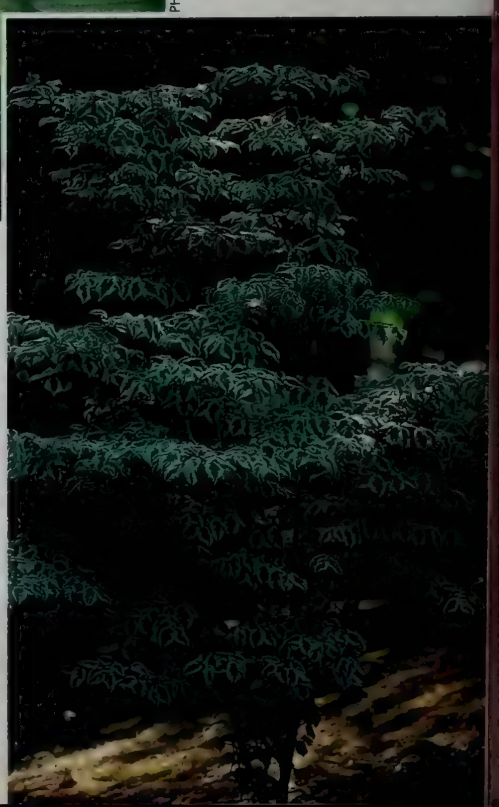
trees

NO-FUSS FRUIT
You don't need to have space for an orchard to grow fruit trees. Dwarf and semidwarf stock can keep trees to a size reasonable for almost any yard. And with tasty no-spray apple varieties, such as Liberty (*left*), you can keep your orchard duties down to a bare minimum—picking.

TWIN TONES
The variegated form of the giant dogwood isn't really so much giant as large, for a dogwood anyway, growing to 30 feet. *Cornus controversa* Variegata has horizontal limbs that look like an architect carefully arranged them. Its flowers are creamy white. Hardy only to 10 below.

PHOTOGRAPH: DAVID CAVAGNARO

There are many no-spray backyard apples. Liberty is one that actually tastes good.



To order roses, perennials, bulbs, and other "picks," see page 82
Buying information, page 86



Step 1
Unscrew cap.

Step 2
Pour into pitcher.

Step 3
Fill container with water.

Step 4
Pour into pitcher.

Step 5
Tell your family whoever drinks the last of it should follow Steps 1 through 4.

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our picks

ground cover

GLOSSIER GREEN
The shiny, heart-shaped leaves of the European wild ginger (*Asarum europaeum*) are evergreen in most of its range. Asarum is a moisture-loving ground cover that creeps underground to multiply—or be divided and transplanted. This ginger has thimble-size maroon flowers, insignificant to some, worth sticking your nose in the dirt to others. The European variety is hardy to 20 below, but its larger matte-finish cousin, *Asarum canadense*, can survive 35 below.

reader shopping

Better Homes and Gardens® magazine has done the shopping for you! Many of the "picks" shown in this gardening feature can be purchased directly from us.



Opening Night



Fame



Sunset Celebration

ROSES (*page 75* and *above*)
We have a limited supply of All-America Rose Selection winners **First Light, Opening Night, Fame,** and **Sunset Celebration,** as well as the Griffith Buck rose **Carefree Beauty.** All varieties are sold in twin packs (two roses of one variety per pack). Bare-root roses will be shipped from Edmunds' Roses and Carroll Gardens at the proper time for planting in your zone (December 15, 1997, to May 15, 1998). *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* Each twin pack costs $43.95, which includes shipping, handling, and applicable sales tax. *Please order early; quantities are strictly limited.*

BULBS (*page 77*)
Our bulb packages each contain five bulbs. **Bengal Tiger Cannas** and **Belladonna Lilies** are sold separately, and packages will be shipped at the proper time for planting in your zone (March 1, 1998, to May 15, 1998). The canna performs best in Zones 3 to 11; the lilies perform best in Zones 5 to 11. The price per pack is $32.95, which includes shipping, handling, and applicable sales tax. *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

SHRUB (*page 78*)
Gold Thread-Leaf Sawara False Cypress performs best in Zones 4 to 8. From Carroll Gardens, it will be shipped bare root at the proper time for planting in your zone (March 15, 1998, to June 15, 1998). *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* The price of each shrub is $39.95, which includes shipping, handling, and applicable sales tax. *Please order early; quantities are strictly limited.*

PERENNIALS (*page 79*)
Our package of **Magnus Purple Coneflower** contains 18 bare-root plants; our package of **Lady's Mantle** contains 12 bare-root plants. Sold separately, packages of perennials will be shipped at the proper time for planting in your zone (March 1, 1998, to May 15, 1998). The purple coneflower performs best in Zones 3 to 11; the Lady's Mantle performs best in Zones 3 to 9. The price per package is $32.95, which includes shipping, handling, and applicable sales tax. *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

DISEASE-RESISTANT APPLE TREES (*page 80*)
You'll receive one each of **Liberty** and **MacFree** (for proper pollination). Liberty produces a deep red apple with a very flavorful crispy-crunchy flesh; MacFree has the aromatic and tangy flesh of its parent McIntosh. Both bare-root trees are from Miller Nurseries, are 3½ to 5 feet tall on shipment, and will bear fruit in 2 to 3 years. The trees are semidwarf "no ladder" varieties that mature to about 10 feet high. (Pruning and picking can usually be done while standing on the ground.) Shipment will be made at the proper time for your zone (March 15, 1998, to May 30, 1998). The trees perform best in Zones 4 to 8. The price of the package is $38.95, which includes shipping, handling, and applicable sales tax. *Sorry, we cannot ship to California, Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

GROUND COVER (*above*)
Our package of **European Ginger** from Carroll Gardens contains three plants and will be shipped at the proper time for planting in your zone (March 15, 1998, to May 31, 1998). *Sorry, we cannot ship to California, Nevada, Utah, Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* This ground cover performs best in Zones 5 to 8. The price per package is $39.95, which includes shipping, handling, and applicable sales tax. *Please order early; quantities are strictly limited.*

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THE FRANKLIN MINT



Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

1998 TRENDS

Page 20 (top): cocktail table, retro phone—Spiegel; 800/345-4500. **(Center): bed linens,** "BedShirts"—Springmaid; 800/537-0115. **Polar fleece**—The Company Store; 800/285-3696. **(Bottom): sheer panel** (chalk stripe muslin)—Laura Ashley; 800/429-7678. **Sheer rod and clips**—Umbra; 800/387-5122.

Page 22 (top): button pillows—MUIH, Inc.; 212/228-7779. **(Center): pitcher and goblet,** "Monsoon Drinkware"—Villeroy & Boch; 800/845-5376. **Charger plate,** CHO-2621; **small plate,** SAF-2601—Vietri, Inc.; 800/277-5933. **(Bottom): love seat,** similar styles available; **slipcover,** 66019 (Khaki)—Mitchell Gold; 800/789-5401.

Page 24: Tropicanna (Phasion) canna lily—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20.

Page 30 (top): tucked-away garage—River West Investments, 2424 K St., Second Floor, Sacramento, CA 95816. **(Center): molded plastic fencing,** "The Kensington"—Country Estate Fence, Nebraska Plastics Inc., P.O. Box 45, Cozad, NE 69130-0045. **(Bottom left): cordless power mower**—Black & Decker, 701 East Joppa Rd., Towson, MD 21286; 800/762-6672.

(Bottom right, left to right): ceramic tile, "Bourbon Street," #3317—Daltile, 7834 C.F. Hawn Fwy., Dallas, TX 75217; 800/933-8453; **laminate,** "Ice Blue"—BHK of America, 3 Bond St., Central Valley, NY 10917; 800/663-4176; **laminate,** "Walnut Inlay"—Pergo Flooring, Inc., 2200 Forte Court, St. Louis, MO 63043; 800/222-1817; **prefinished wood,** "Brazilian Cherry"—Harris-Tarkett, Inc., 2225 Eddie Williams Rd., Johnson City, TN 37601-2872; 800/842-7816; **ceramic tile,** "Amber," #9977; and "Fossil," #9916—Florida Tile Ind., Inc., 1 Sikes Blvd., Lakeland, FL 33801; 800/789-8453.

Page 32 (top): low-voltage lighting, "Murano Glass Pyramid" (Amethyst and Light Blue)—Tech Lighting, Inc., 1718 W. Fullerton, Chicago, IL 60614; 800/522-5315. **(Center): fold-away cellular phone,** "StarTAC"—Motorola Cellular, 600 N. U.S. Hwy. 45, Libertyville, IL 60048; 800/331-6456. **(Bottom): clear glass blocks,** "Digona," "Jupiter"; **tinted glass block** (Peach)—Veglo, Saint Gobain Euroglass Glasrep, One Barker Ave., Fifth Floor, White Plains, NY 10601; 914/683-1390.

OUR PICKS

Page 74: Buck roses—Heirloom Old Garden Roses, 24062 NE. Riverside Dr., St. Paul, OR 97137; 503/538-1576; catalog $5. Royall River Roses, 70 New Gloucester Rd., North Yarmouth, ME 04097; 207/829-5830; catalog $3.

Page 76: heliotrope—Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog. **Bright Lights Swiss chard**—Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910; 207/437-9294; free catalog.

Page 77: Belladonna lily—Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/255-2852; free catalog.

Page 78: Bengal Tiger canna—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Gold false cypress**—Twombly Nursery, 163 Barn Hill Rd., Monroe, CT 06468; 203/261-2133; catalog $4.

Page 79: purple coneflower—White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Lady's mantle**—Busse Gardens, 5873 Oliver Ave., SW, Cokato, MN 55321; 800/544-3192.

Page 80: Liberty apple—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog. **Variegated giant dogwood**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1.

Page 82: European wild ginger—We-Du Nurseries, Rt. 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. Siskyou Rare Plant Nursery, 2825 Cummings Rd., Medford, OR 97501; 541/772-6846; catalog $3.



Our garden editors pick favorite plants—old and new. See page 73.

Page 82: Our Picks Roses—Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070. Carroll Gardens, 444 E. Main St., Westminster, MD 21157. **Our Picks Perennials** and **Our Picks Bulbs**—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702. **Our Picks Apple Trees**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424. **Our Picks Shrub** and **Our Picks Ground Cover**—Carroll Gardens (address above).

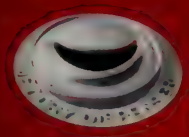
FAMILY ROOMS

Pages 94–95: window treatments—Hunter Douglas Window Fashions; 800/327-8953. **Rooster pitcher**—Williams-Sonoma 800/541-2233.

Pages 96–100: area rug, "Cabello" (Mahogany)—Sisal Wa

continued on page 15





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3 family rooms Grow Up

by Rebecca Jerdee and Sharon Overton

Despite early incarnations in the basement or in a dark-paneled den, the family room is now the hub of the American home. These rooms were simply play spaces when they first appeared in *Better Homes and Gardens*® magazine in the 1940s. But they've adapted to become truly multifunctional rooms, accommodating everything from entertainment centers to home offices. Here are three to grow on.

one
Kid friendly and stylish too

No matter how you do the math, six children, two bedrooms, and two baths just don't add up to one happy family.

So when Pattie and David Kressin remodeled their Southern California home several years ago, they nearly doubled the square footage and made sure there was plenty of family-friendly space to spread out in.

Key to the project was a family room that is the center of one large, open space that also encompasses a kitchen and a breakfast nook. It's a three-rooms-in-one approach that lets several activities take place at once without cramping anyone.

In the Kressin family room, large, uncovered windows bring the outdoors in and make the most of the California sun.

Pattie and David can prepare meals in the adjacent kitchen while the younger kids—Henry, 6, and Bryn, 9—watch TV and the older children—Seth, 13, Ashley, 16, and Leslie, 18—do homework in the breakfast nook. (Sam, 21, now lives outside the home.) Though large and open, the space feels warm and intimate thanks to furnishings suited to the room's laid-back mood. "It's just a cozy place for the family to gather," Pattie says.

Matching sofas slipcovered in denim provide "wash-and-wear" practicality. When soiled, the covers can be tossed in the washer and dryer, then lightly ironed while still damp. An antique pine hutch and farm table (cut down to coffee table height) and a sisal-look wool rug can take almost anything this active family dishes out.

Along the back wall, French doors scoop in the sunlight and expand the view out to the patio, garden, and ocean beyond. "When the weather is nice, we





A built-in media center provides a graceful solution to a common decorating dilemma: whether to arrange furniture to face the television or the fireplace.





have all the French doors and windows wide open and that nice ocean breeze coming through. It's such a bright, airy feeling," says Pattie.

A built-in media center flanking the fireplace (*left*) is a space-saving device that's good-looking and functional. For both the living area and kitchen, Pattie was inspired by English kitchens, in which the cabinets look more like individual pieces of furniture. A honey-toned finish on the cabinets and a matching wood mantel blend nicely with the room's antique furniture. Inside the cabinet are customized compartments for sound equipment, a VCR, and videotapes, plus a pull-out, swiveling platform for the television. Doors slide back into slots so the television view is unobstructed.

In designing the room, the Kressins drew and redrew the plans to make the most of every square inch of space. For example, the fireplace originally was to have been built in the corner; moving it to the wall opened up room for another French door.

To comply with zoning laws requiring ample setbacks from the property line, the breakfast nook (*above*) had to be tucked into a space that's separate from the kitchen. Ironically, this compromise turned out to be a bonus. "It gives you some privacy," Pattie says of the layout. "You can read the paper or work on a project or pay bills or set up sewing without being disturbed." The nook is furnished with a custom-made maple table that's big enough for the family's casual meals and perfect for doing homework, especially sibling-to-sibling tutoring.

Seth, Leslie, and Ashley tackle homework in the breakfast nook (*above*). Durable wood surfaces and washable fabrics mean everyone can relax and enjoy.

The true test of any room's practicality, however, is whether it can adapt to the family's changing needs. With children ranging in age from 6 to 21, Pattie says, she doesn't have to wait for the kids to grow up to find out if her family room passes the test: "It already has."

two

Shipshape and sun dappled

Rigged in navy and white and trimmed with boat memorabilia, Don and Eugenia Jesberg's family room is an homage to Don's passion for sailing. With its clever storage ideas and space-saving layout, the room also is as efficient as a captain's cabin.

A snug window seat (*right*) provides a comfortable berth while allowing traffic to flow freely between the adjacent dining room and deck. Storage concealed under the seat is an extra bonus. More storage is tucked into a slim built-in hutch, which doubles as a display cabinet. Toys and games are stashed in the coffee table/chest.

The Jesbergs made the most out of every square inch of the compact room, wrapping bookshelves and a TV niche around a doorway (*below*) and tucking a home office into a closet (*left*). More shipshape ideas: a work surface that doubles as a computer desk mounted to file cabinets and wire shelves that hold files and art supplies.

A closet-sized space between the back door and a bathroom now serves as a handy home office (*below*).





PHOTOGRAPHS: JON JENSEN REGIONAL CONTRIBUTOR: HELEN HEITKAMP



White-painted beadboard on the cabinetry and simple wood blinds keep the look crisp and bright. Peter and Emma (*above*) have their own pint-sized play table.

three
Great looking and hardworking

As an interior designer and cable TV home-show host, Joe Ruggiero might be tempted to indulge in the whims of fashion. Instead, when it comes to his own home style, he is remarkably faithful to a few favorite old furnishings.

The same hardworking furniture that served his young family well 20 years ago is still doing duty in his Los Angeles family room today, though the functions have changed. "These pieces have been through a lot of evolution," he says. "A lot of children, a lot of pets have sat and jumped on this furniture."

A family room that doubles as a home office and as a set for a TV show needs furnishings that are comfortable and sophisticated for the spotlight.

With his children grown, Joe is more likely to host a corporate client these days than a gaggle of preschoolers. "We use the room as a sort of design lab. We also meet with clients and have done filming here for TV shows." And while sticky fruit-juice stains may not be as much of a worry anymore, a room that handles this much traffic must be practically armor-plated. "It's the kind of room that has to be neat at the drop of a hat," he says.

Flexible furniture arrangements are a key component in designing a family room that is truly multifunctioning, Joe says. A modular sofa, which has been in the family for two decades, allows seating to be moved wherever it's needed: gathered around a media center (disguised in a handmade pine cupboard, *right*) for viewing work tapes and old movies or cozied up to the fireplace for quiet conversation (see *page 98*).

To make these piece[illegible] even more hardworking, Joe had slipc[illegible]vers made in a



PHOTOGRAPHS: MARK LOHMAN



durable indoor-outdoor fabric that looks and feels like cotton but "wears like iron." Soil and spills clean up easily with a damp sponge. Channel quilting gives the slipcovers a more sophisticated look; the neutral beige color adds even greater design flexibility. For a seasonal jolt of color and pattern, Joe tosses in oversized pillows in a jazzy red floral print. A folding floor screen covered in beige-and-white checked fabric (*opposite*) also injects a dose of pattern without covering an entire wall with it.

Multipurpose pieces give this family room its flexibility: rolling ottomans double as work tables; an antique occasional table can hold buffet supplies.

Although the Ruggieros' 1970s ranch house has a formal living and dining room, the family room gets the most use, even at mealtimes. Ottomans on casters carry reading materials or snacks. An antique Swedish table (*opposite*) can be set for afternoon tea or dinner for two. Clear away the dishes and the table or ottomans become work surfaces for laying out fabric swatches and floor plans.

"If we put all the furniture aside, we could roll the rug up and have a dance party here," Joe says.



Joe looks at fabric and wallpaper samples with Beth, his daughter and business partner (*above*).





Personal touches such as family photos and fresh flowers keep the corporate chill from creeping into the home office (*left*). Beth catches up on "homework" (*below*).



Adaptability also is key in the home office area, which can be closed up and stashed away at the drop of a hat. Files are tucked neatly into coordinated cardboard boxes and stored in a rustic antique cabinet that has been used earlier as a toy box or as a liquor cabinet. The computer table is a flea market find, painted acid green for fun. A rolling cart fitted with wicker baskets holds more work materials and looks good enough to double as an end table.

Joe also found that with minor adjustments, such as installing shelves in an armoire or mounting a retractable keyboard tray under a table, many home furnishings are suitable for office use. Yet they're stylish enough not to be hidden behind closed doors. Multifunctional pieces are a perfect fit for today's family rooms, which he says "have to accommodate the various lifestyles of the people who live in the house." ⌂

Buying information, page 86

family rooms

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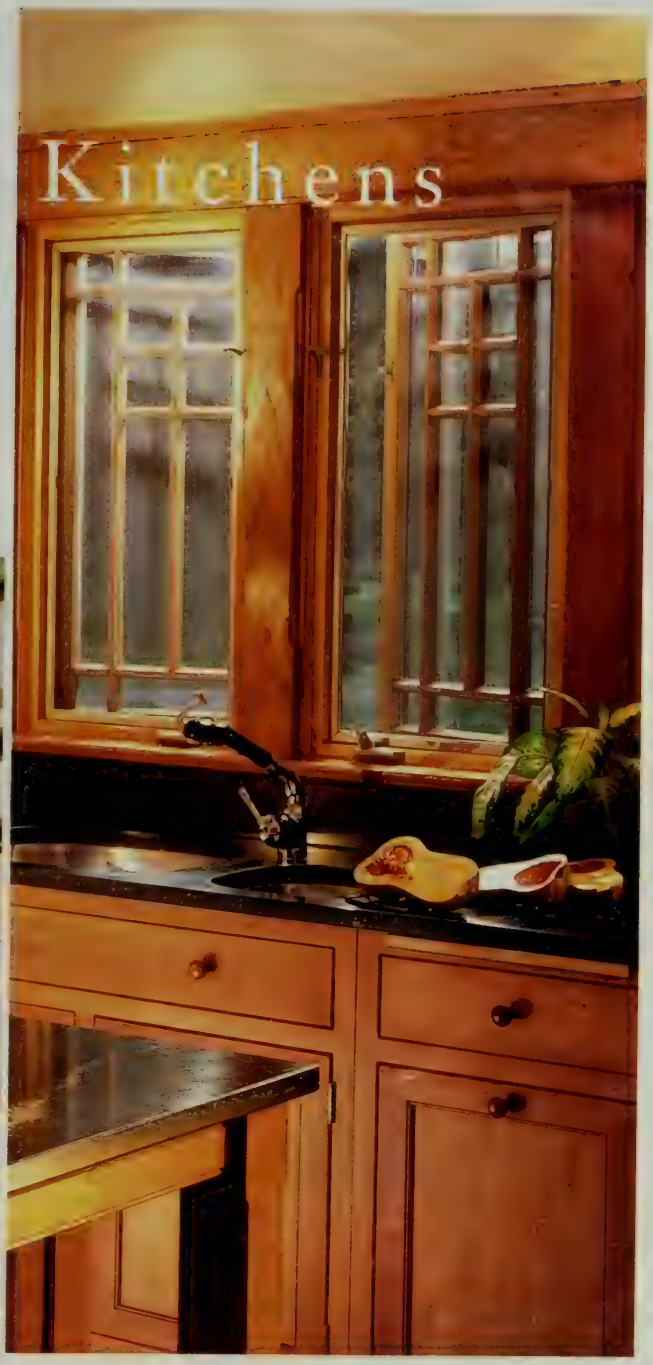
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Statement Kitchens

by Shawn Gilliam





Some architectural styles embrace us with a certain warmth, even in a space that's just four walls and a ceiling. Take the cozy cottage and Arts and Crafts styles you see in the two kitchens here. Though these designs carry distinct features, each kitchen also makes a statement about the family who lives in it—baking lasagna, doing homework, celebrating seventh birthdays. Finally, Mom's cooking has the setting it deserves!



"I wanted a cottage look with nostalgic things… There's a romance to them. They carry me back to my youth and happy times of family… Mom and apple pie!"



A glass-front cabinet holds special-occasion pitchers, platters, and teapots. Daily dishware, stored on a rack over the sink, and silverware, kept in a wooden box on the counter, are within easy reach.

Cottage charm

Days at the lake bring old-fashioned fun year-round. Hardly anything short of a severe storm can coax the kids indoors, whether it's the season for swimming and fishing or ice skating and snowshoeing.

But this cheerful kitchen—the heart of Susie and Skip Hallam's Noblesville, Indiana, lakeside retreat—has no trouble coaxing. Its wide-plank poplar floors, beadboard-paneled ceiling, and open shelves embrace you with cottage charm. Salvaged pieces, large and small, complete the cozy atmosphere, drawing the kitchen back in time.

"I wanted a cottage look with nostalgic things like the old linen dishtowels with red cherries on them," Susie says. "There's a romance to them. They carry me back to my youth and happy times of family…Mom and apple pie!"

A green enamel roasting pan, itself a flea-market find, inspired the kitchen's color scheme. Proudly displayed on an open shelf, it shares attention—and utility—with other vintage miscellany, including a 1930s soda machine and mismatched restaurant silverware.

…aping up dirty …ates is clean …n with this old …versize sink. …n open dish …ack just above— …shioned …om vintage …ateposts— …ermits another …ash-time bonus: …azing out onto …e lake.



Even if you don't remember the days of cast-iron ens, the 1920s Magic Chef is sure to be a sentimental vorite. Other than a microwave oven and an outdoor ill, the appliance is the kitchen's sole source of cooking. nd its multiple oven compartments easily handle putting gether a large family meal.

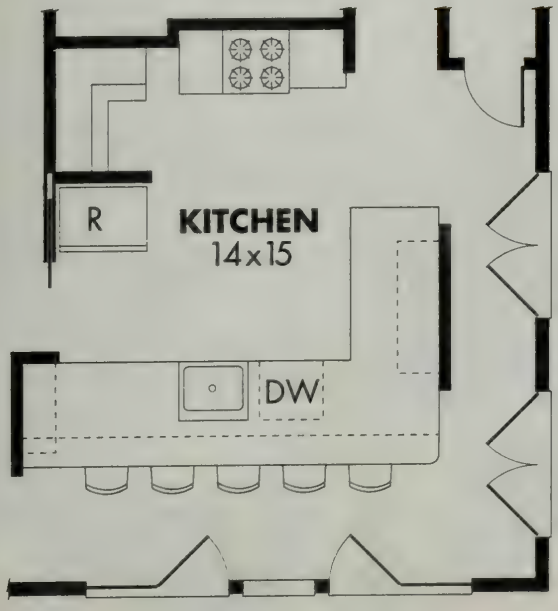
A few steps away is the porcelain sink, another vintage odel. Its generous depth is great for soaking dishes or rubbing vegetables. Such sinks once were commonplace farmhouses throughout the United States and across e Atlantic; this one was salvaged in England, but some mpanies manufacture reproduction models.

The kitchen's compact work core (see plan, *below*) is eal for one cook. To keep children and guests away from e hustle and bustle of meal preparation, a sink peninsula parates the cooking and eating areas. While a dish rack ilt above the sink provides much-needed storage for eryday plates and mugs, its design keeps the space sibly open. This allows the peninsula to double as a rch for casual meals, so grabbing a seat to visit with the ok is never a problem. And neither is perusing lake tivity while you wash dishes. Just don't be too surprised you see a jet ski skimming by—it's just a pinch of reality akening you from a nostalgic daydream.



Just an arm's length away from the vintage stove is the green enamel roasting pan that inspired the kitchen's color scheme and country-casual mood. "I love green, any shade of green," Susie says.

me off the e and pull up hair to the ing peninsula, ere you can oy conversation d a glass of onade without ading the hen work e. Don't worry out dripping ter on the olar floors, er—they're led with yurethane.





Statement **Kitchens**

Crafts warmth

From the moment you amble into this kitchen to pour a cup of coffee, you're met with coziness and convenience. Natural materials and clean, simple lines extend a warm welcome.

When artisans and architects started the Arts and Crafts movement about 100 years ago, they took inspiration from nature and the calmness of straight lines. Today, as then, we yearn for details that speak to us quietly. Judy and Ray Johnson's St. Charles, Illinois, kitchen does just that.

Once a bland 1960s box, the kitchen was ripe for an infusion of character—simple character. Although at heart they're devotees of Frank Lloyd Wright's style, the Johnsons didn't want a historical replica of a Craftsman kitchen. "We needed a house that was more for today as far as living with two girls and two dogs, and low on maintenance," Judy says.

But the architectural style clearly prevails. Trademark lines in the window's muntin grid draw your attention as they catch a glint of morning sunlight pouring through the kitchen, chasing out cold on even the chilliest winter days.

Trademark lines in the window's muntin grid draw your attention as they catch a glint of morning sunlight pouring through the kitchen.

The artificial light sources are almost as beautiful. Reproduction Arts and Crafts-style fixtures feature a copper grid that echoes the window design, and caramel-color stained glass that casts a warm glow on the room.

PHOTOGRAPHS: JIM HEDRICH, HEDRICH-BLESSING. ARCHITECT: RICK GILMORE. KITCHEN DESIGNER: DAVE MCFADDEN. REGIONAL CONTRIBUTOR: MAUER/ROSE, WITH STYLE

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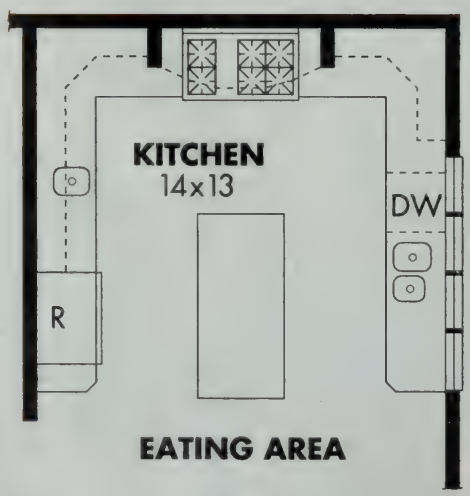
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xtend the Arts
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this kitchen.
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conveniently
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e work core.





A hardworking commercial oven requires a heavy-duty exhaust hood. But that doesn't mean the hood can't be beautiful. Covered with five wide strips of cherry, it's the focal point of the kitchen.

Buying information, page 150



The cozy atmosphere is perfect for sampling Ray's warm-from-the-oven goodies. Ray works for a major cookie company and often brings work home—experimenting with new recipes. To suit this serious cook, the kitchen includes a professional range that easily accommodates meals for the family or for large groups of guests.

Two sinks along opposite walls—separated by an island—allow for two work triangles that ease food preparation and cleanup, and keep cooks from bumping into each other (see plan, *left*). Countertops and backsplash are made from durable soapstone, the same material used for lab tables in science classrooms. Sealed to prevent staining, the material is highly resistant to heat. And it lends the kitchen one more Arts and Crafts touch.



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NUTRITIOUS? YES. TASTY? YES. CANNED? YES.
(WAIT, *what's* GOING ON HERE?)



A dessert like pear and ginger crisp screams for the freshest ingredients. Like, uh, canned pears? Wel Pears from a steel can are picked ripe. Then scrubbed clean and packed preservative free within six h (Hey, that's what the can is for.) Fresh pears, on the other hand, usually make their way to the supermark train. And tend to lose nutrients along the way. But that's hardly news. Because, with the average Ame eating 110 pounds of canned food last year, it sounds like you already knew this.

What's in a can will surprise you.

PEAR *and* GINGER CRISP

2 cans (16 ounces each) sliced pears or pear halves in heavy syrup, drained
1 tablespoon minced, crystallized ginger

Topping:
2/3 cup rolled oats
1/3 cup packed light brown sugar
1/4 cup all-purpose flour
1/2 teaspoon ground ginger
1/4 cup butter, cut into small pieces

Heat oven to 400°F. Arrange *pears* in a shallow 1-1/2-quart baking dish; sprinkle with *crystallized ginger*. Combine *oats, bro sugar, flour* and *ground ginger* in food processor bowl. With motor running, gradually add *butter* and process until mixture crumbly. Sprinkle topping mixture evenly over *pears*. Bake in c of oven until topping is lightly browned and crisp, 20 to 25 mi Serve with *vanilla ice cream* or *frozen yogurt*. Serves *6*.

Nutrition Information Per Serving :
322 calories; *8 g* fat; *21 mg* cholesterol; *91 mg* sodium; *62 g* carbohydrate; *4 g* fiber; *2 g*

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Our Best RECIPES

Good things in small packages

This month's menu of small savories will bring comforting charm to your casual table.



Crepe Party Purses

Recipe begins on page 122

plus *Readers' Prizewinning Recipes: Meat Pies* and *Healthful Side Dishes*, page 137

Good things in small packages

by David Feder

For the new year, consider a sumptuous spread of pop-in-your-mouth morsels just right for quick and casual dining, easy entertaining, or simple noshing and nibbling.

Recipe begins on page 126



Right-Bite Finger Sandwiches

Meat loaf dressed up with tangy barbecue sauce and crisp pickle planks lets this small slice of an old favorite deliver a big taste of home.



Good things in small packages



Curry Phyllo Triangl

These golden, curried lamb-filled packages are treasures in miniature. Serve fruit alongside or provide an assortment of chutneys for dipping.

Quick-Fix Focaccia Wedges

Sweet caramelized onions and a puree of white beans pack rustic flavor onto wedges of Italian bread. Purchased focaccias or Italian bread shells make preparation a hassle-free delight.

Portobello Pizzettas

Wide-brimmed portobello mushrooms—meaty and succulent—become the perfect palette for appetizer art when stuffed with spinach, mozzarella cheese, and turkey pepperoni.

Recipes begin on page 126



Good things in small packages



Mandarin Beef Buns

Asian dim-sum appetizers were the inspiration for these spicy meat-filled sesame buns (*above*). Serve them straight from the oven with purchased hoisin sauce.

Vegetable Ribbon Meatballs; Petite Spring Rolls

Augment your Far East platter with teriyaki meatballs wrapped in thin vegetable ribbons, and chic Vietnamese-style spring rolls filled with rice vermicelli and vegetables (*right*).

Recipes begin on page 128



Good things in small packages

After-Dinner Wontons

Crispy, sugar-dusted wonton wrappers (*background*) cach a sweet, chewy filling of fruit and nuts, adding a perfect touch to the end of the meal.



Cappuccino Brownie Cups

These chocolaty brownies (*foreground, left*) may be small, but they're rich enough to satisfy any sweet tooth.

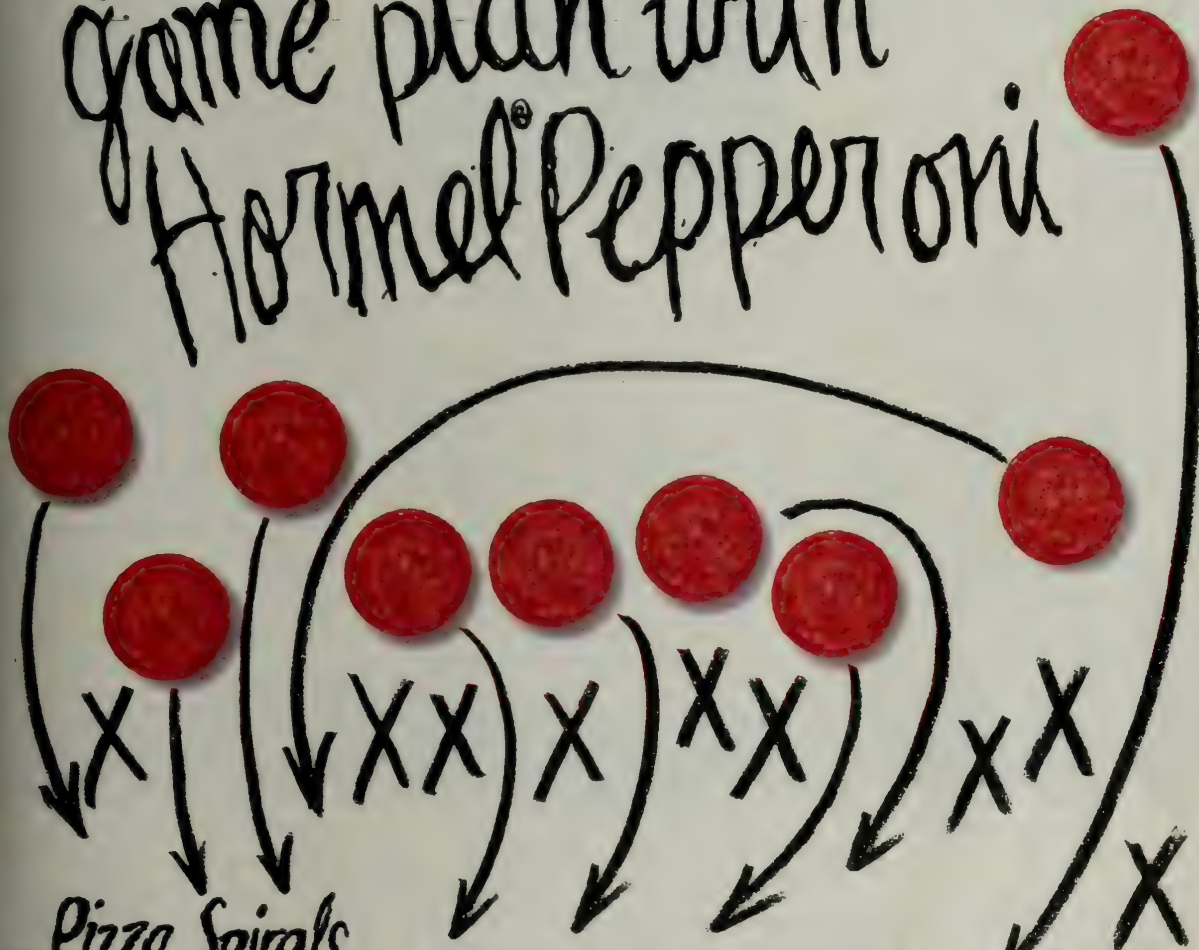
Jelly Roll Dainties

Tender sponge cakes slathered with sweet jam (*foreground, right*) melt in your mouth—and they're nearly fat free.

Recipes begin on page 130

Buying information, page 150

pep up your game plan with Hormel® Pepperoni



Pizza Spirals

Win big with your next football party by teaming up with Pillsbury, Ragú, Sargento and Hormel Foods.

- 1 (10 oz.) can Pillsbury Refrigerated All Ready Pizza Crust
- 1/2 cup Ragú® Pizza Quick® Sauce - Traditional
- 3/4 cup chopped HORMEL® pepperoni
- 3/4 cup Green Giant® Frozen Chopped Spinach, thawed, squeezed to drain
- 1 cup Sargento® or Sargento® Light Fancy Shredded Mozzarella Cheese

Heat oven to 425° F. Grease 2 cookie sheets. Unroll dough; press to 12" x 10" rectangle. Cut into 4 (6" x 5") rectangles. Spread each rectangle with 2 T. pizza sauce to within 1/2" of edges. Top each with pepperoni, spinach and cheese. Starting at longest side, roll up jelly-roll fashion; seal edges well. Cut each roll into 10 (1/2") slices. Place on greased cookie sheets. Bake at 425° F. for 8 to 10 minutes or until golden brown. Immediately remove from cookie sheets. Serve warm. 40 appetizers.





pep it up!™

Hormel Foods

1997

Good Things

continued from page 120

Stuffed Jalapeños

Not for the faint of palate! These party poppers are for those who like the heat.
Prep: 45 minutes Cook: 8 minutes

- 1 small dried ancho pepper
- 24 large fresh jalapeño peppers
- 4 oz. ground raw turkey
- 3 cloves garlic, minced
- 1 tsp. ground cumin
- ¼ tsp. salt
- 1 oz. cream cheese
- 1 Tbsp. snipped fresh cilantro
- 2 beaten eggs
- ½ cup fine dry bread crumbs

With scissors, remove stem and cut open ancho pepper to remove seeds. Soak pepper in hot water about 20 minutes or till softened.

Meanwhile, make a cut in each jalapeño pepper halfway through the stem end. Then make a slit down the length of pepper. This will make a T-shaped cut. (See photo, *below*.) Remove the seeds and membranes.

In a large saucepan cook jalapeños in one cup boiling water, uncovered, for 2 to 3 minutes or till just crisp-tender. Immediately drain and rinse with cold water. Drain; set aside.

Drain ancho and finely chop. In a large skillet cook turkey, garlic, cumin, salt, and chopped ancho pepper till turkey is no longer pink.

Remove from heat; stir in cheese and cilantro. Using a small spoon, fill hollowed peppers with turkey mixture; lightly press peppers back into their original shapes.



Tip: Hot peppers contain oils that can burn eyes, lips, and sensitive skin. Wear plastic gloves while preparing peppers, and wash your hands thoroughly afterward.



Stuffed Jalapeños and plump Bean Burrito Bites offer serious Southwestern sizzle.

Dip stuffed peppers into beaten eggs; roll in bread crumbs to coat. (For a thicker, crunchier crust, give peppers a second coating of egg and bread crumbs. You'll need to increase the eggs to 4 and the bread crumbs to 1 cup.) Place on foil-lined baking sheet. Bake in a 375° oven for 8 to 10 minutes or till heated through. Makes 24 stuffed peppers.

Make-ahead directions: Prepare stuffed peppers as directed, but do not bake. Cover tightly in an airtight container and freeze up to 3 months. To serve, transfer frozen peppers to a foil-lined baking sheet. Bake in a 350° oven for 25 minutes or till heated through.

Nutrition facts per stuffed pepper: 34 cal., 1 g total fat (0 g sat. fat), 21 mg chol., 56 mg sodium, 4 g carbo., 1 g fiber, 2 g pro. Daily Values: 3% vit. A, 76% vit. C, 1% calcium, 3% iron.

Bean Burrito Bites

Each mini cheese-and-bean tortilla holds maxi taste.
Total prep: 30 minutes

- 1 to 2 fresh jalapeño peppers, seeded and chopped
- 1 tsp. ground cumin
- 1 tsp. olive or cooking oil
- 1 15-oz. can light red kidney beans, rinsed and drained
- ½ cup reduced-sodium chicken broth
- 8 7-inch flour tortillas
- 6 oz. reduced-fat cream cheese (Neufchâtel), softened
- 1 large cucumber, cut into thin strips (2 cups)
- 1 small red sweet pepper, cut into thin strips (½ cup)
- ½ cup snipped fresh cilantro
- Salsa
- Cilantro sprigs (optional)

In a large nonstick skillet coo jalapeños and cumin in hot oil fo 1 minute, stirring often. Add bean cook and stir for 4 minutes. Stir i broth; simmer, uncovered, fo 10 minutes, stirring often. Set aside

Meanwhile, wrap tortillas in foi heat in a 350° oven for 10 minute (When ready to fill tortillas, remov only half of them at a time, keepin remaining ones warm in the oven.)

For each burrito, spread 4 to teaspoons of the softened crear cheese on a tortilla; spoon 2 table spoons of the bean mixture on to just below the center of the tortill Top with cucumber, red swee pepper strips, and cilantro.

Fold in sides till they meet; roll u Cut each burrito in half; serve wit salsa. If desired, garnish wit additional cilantro. Makes 1 appetizer-size burritos.

Nutrition facts per burrito: 100 cal 4 g total fat (2 g sat. fat), 8 mg chol 167 mg sodium, 13 g carbo., 2 fiber, 4 g pro. Daily Values: 8% vi A, 13% vit. C, 3% calcium, 7% iror

Crepe Party Purses

Flat crepes take on an added dimension when turned into small, chicken-filled packets called "purses."
Total prep: 50 minutes

- 1¼ cups milk
- 1 cup all-purpose flour
- 1 egg
- 1 tsp. cooking oil
- ¼ tsp. baking powder
- 6 green onions
- 1 Tbsp. olive oil
- 1½ cups chopped cooked chicken breast
- ¼ tsp. ground white pepper

continued on page 12

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Campbell's® No Guilt Chicken Pot Pie

Prep Time: 10 min. Cook Time: 30 min.

- 1 can (10 3/4 oz.) Campbell's Condensed 98% Fat Free Cream of Chicken Soup
- 1 pkg. (about 9 oz.) frozen mixed vegetables, thawed
- 1 cup cubed cooked chicken
- 1/2 cup milk
- 1 egg
- 1 cup Bisquick® Reduced Fat Baking Mix

1. Preheat oven to 400°F. In 9" pie plate mix soup, vegetables and chicken.
2. Mix milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

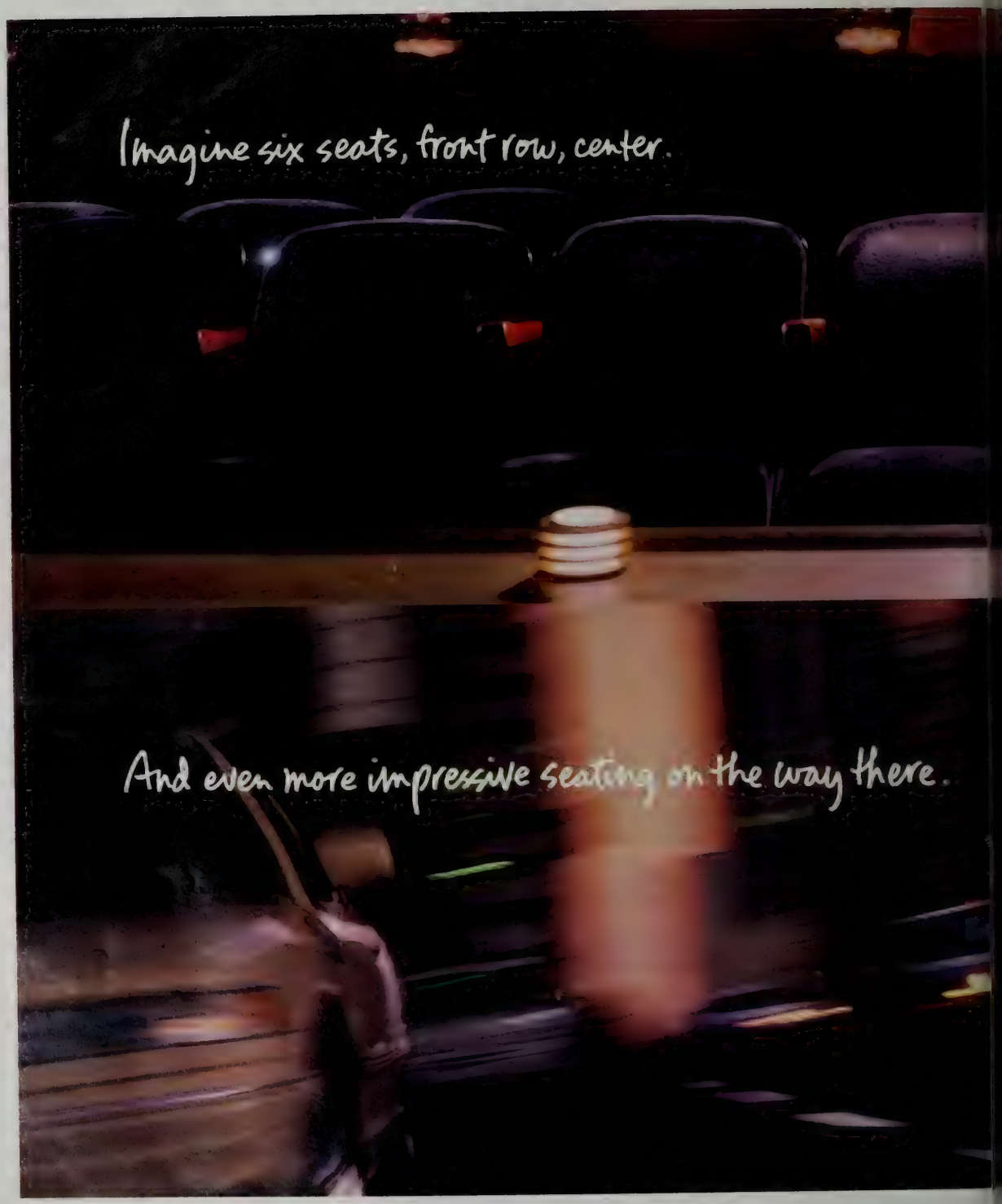
8g fat per serving (traditional pot pie recipe, 43g fat per serving).

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. B., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



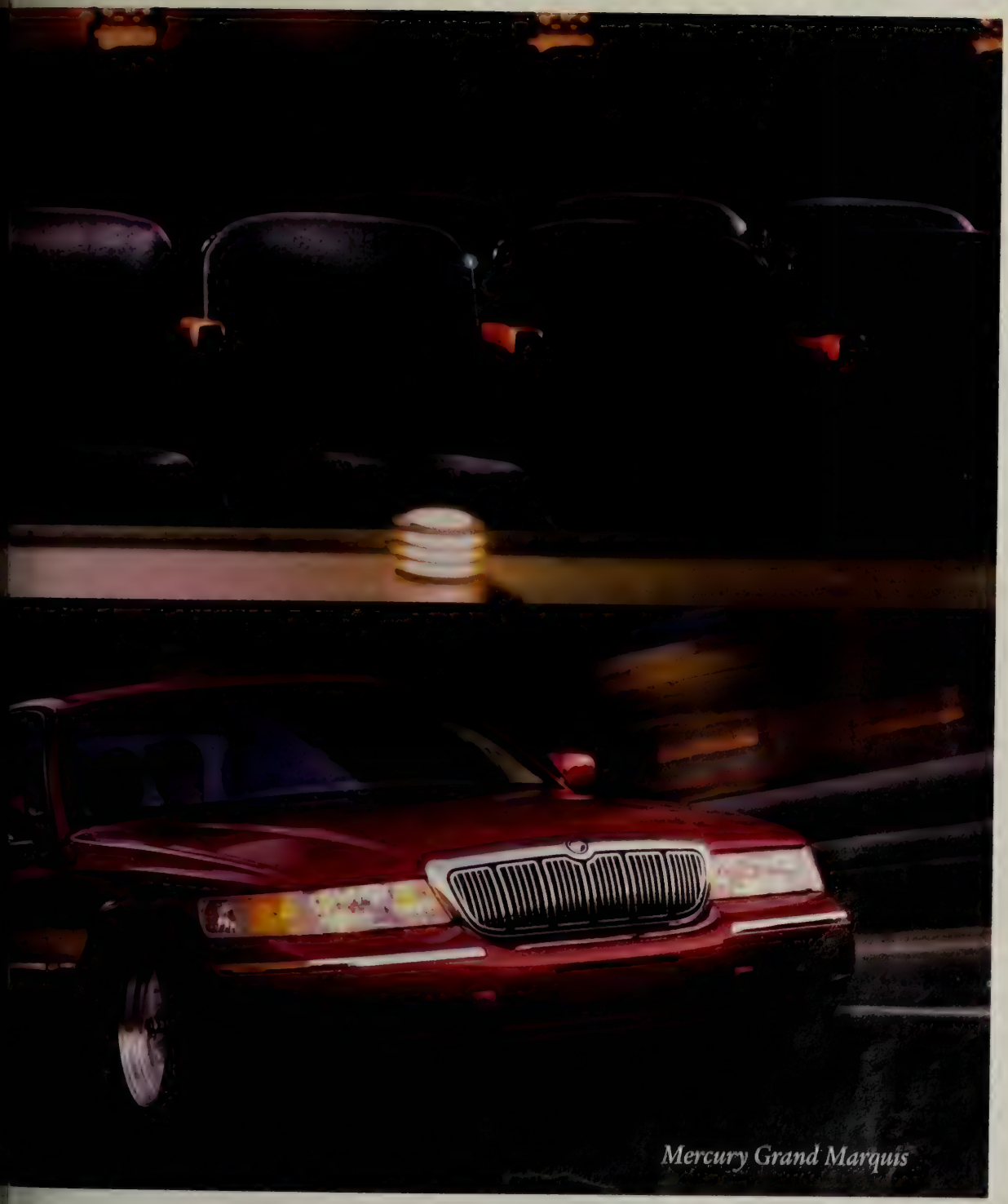
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continued from page 122

- ½ cup reduced-sodium chicken broth
- ⅓ cup dry white wine
- 1 5.2-oz. pkg. Boursin cheese
- ⅛ tsp. dried tarragon, crushed
- Red sweet pepper (optional)

For crepes, in a blender container combine the milk, flour, egg, cooking oil, baking powder, and ¼ teaspoon salt; cover and blend till smooth. Heat a very lightly greased nonstick 7-inch skillet over medium-high heat. Remove from heat; spoon 2 tablespoons of the batter into center of skillet. Lift and tilt skillet to spread batter.

Return to heat; cook for 1 minute or till light brown. Turn with a spatula; cook second side for 30 seconds. Carefully slide finished crepe onto a plate lined with paper towels. Repeat with remaining batter, keeping crepes covered as you prepare them. Set crepes aside.

Clean green onions; trim and discard root ends. Thinly slice white parts; reserve 12 whole green top pieces. In a large skillet bring ½ cup water just to boiling. Add green onion tops; cook for 30 seconds. Immediately rinse with cold water; drain on paper towels and set aside.

In the same skillet heat oil over medium-high heat. Add the sliced white parts of onions, cooked chicken, and white pepper; cook just till chicken is heated through. Add broth and wine; bring to boiling.

Reduce heat; simmer, uncovered, for 5 to 7 minutes or till liquid is reduced by half. Add cheese and tarragon; cook and stir till cheese is melted. Strain mixture, reserving liquid for sauce and solids for crepe filling. Cover sauce and keep warm.

For each serving, spoon about 2 tablespoons chicken mixture onto a crepe; pull up sides to make a "purse" (see photo, *above*). Tie purse closed with a cooked green onion top. Spoon 1 tablespoon sauce onto each plate; set purse in center. If desired, garnish with red pepper. Makes 12 purses.

Nutrition facts per purse: 147 cal., 7 g total fat (4 g sat. fat), 46 mg chol., 109 mg sodium, 9 g carbo., 0 g fiber, 9 g pro. Daily Values: 6% vit. A, 2% vit. C, 4% calcium, 5% iron.



After filling the crepe, gently draw the edges up into a purse shape and tie closed with the cooked green onion strip.

Right-Bite Finger Sandwiches

Use different types of bread, such as sourdough and pumpernickel, for visual flavor variety.
Prep: 30 minutes Cook: 55 minutes
Chill: 2 hours

- 1 beaten egg
- ½ cup bottled barbecue sauce or catsup
- 1 to 2 Tbsp. Worcestershire sauce
- 1 cup soft bread crumbs
- ½ cup finely chopped onion
- 2 to 3 serrano peppers, seeded and finely chopped (see tip, *page 122*)
- 1 tsp. dried oregano, crushed
- 1¼ lb. lean ground beef
- 12 slices bread
- 24 to 36 purchased thin, lengthwise pickle slices
- Arugula or other leafy greens

In a large mixing bowl combine the egg, ¼ cup of the barbecue sauce or catsup, and the Worcestershire sauce. Stir in bread crumbs, onion, peppers, and oregano. Add beef to bread crumb mixture and mix well; press into an ungreased 8x4x2-inch loaf pan.

Bake in a 350° oven for 55 minutes or till no pink remains. Remove from oven; cool in pan. Carefully remove from pan. Cover; chill 2 hours.

Trim crusts from bread; spread bread with remaining barbecue sauce or catsup. Cut meat loaf crosswise into 6 equal slices. Place 1 slice of meat on each of the bread slices.

Top with pickle slices, arugula or other leafy greens, and the remaining bread slices. Cut each sandwich into 3 lengthwise strips. Makes 18 finger sandwiches.

Nutrition facts per finger sandwich: 119 cal., 4 g total fat (1 g sat. fat), 32 mg chol., 461 mg sodium, 12 g carbo., 0 g fiber, 8 g pro. Daily Values: 2% vit. A, 6% vit. C, 2% calcium, 9% iron.

Curry Phyllo Triangles

You can make these crispy triangles ahead of time. Prepare as directed but do not bake; wrap and freeze for up to two weeks. To serve, bake as directed.
Prep: 30 minutes Cook: 12 minutes

- 1 Tbsp. olive or cooking oil
- 8 oz. ground lamb
- 1 medium potato, peeled and chopped (1 cup)
- ½ cup finely chopped onion
- 4 to 5 tsp. curry powder
- ½ tsp. salt
- ½ tsp. dried thyme, crushed
- 1½ cups chopped tomato
- ½ cup snipped parsley
- ¼ cup olive or cooking oil
- ¼ tsp. dried thyme, crushed
- 10 sheets frozen phyllo dough, thawed (18x14 inches)
- Sliced green onion (optional)

In a large nonstick skillet heat the 1 tablespoon oil. Add lamb, potato and onion; cook till lamb is no longer pink. Drain off fat. Stir in 2 to 3 tsp. of the curry powder, the salt and the ½ tsp. thyme. Cook for 1 to 2 minutes. Add tomato; reduce heat and cook, covered, for 5 minutes. Remove from heat. Stir in snipped parsley; set aside.

continued on page 12

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Good Things

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Combine the remaining ¼ cup oil, the remaining curry powder, and the ¼ tsp. thyme. Brush one sheet of phyllo with some of the oil mixture; place a second sheet on top. Lightly press sheets together; cut lengthwise into 5 strips, 3¼ inches wide each. Cover remaining phyllo with a damp towel to prevent drying.

Spoon a rounded tablespoon of the lamb mixture 1 inch from the end of each strip. Fold each strip into a triangle by bringing a corner over the filling to line up with the other side of strip. Continue folding along the strip as you would fold a flag. Repeat with remaining ingredients.

Arrange triangles on a lightly greased baking sheet. Brush the tops lightly with oil mixture. Bake in a 375° oven for 12 minutes or till golden brown. Garnish with green onion, if desired. Makes 25 triangles.

Nutrition facts per triangle: 74 cal., 4 g total fat (1 g sat. fat), 6 mg chol., 87 mg sodium, 6 g carbo., 0 g fiber, 2 g pro. Daily Values: 1% vit. A, 7% vit. C, 0% calcium, 4% iron.

Quick-Fix Focaccia Wedges

Prep: 20 minutes Cook: 8 minutes

- 3 medium onions, thinly sliced
- ¼ tsp. coarsely ground pepper
- 1 Tbsp. olive oil
- ¾ cup rinsed and drained canned white beans
- ½ cup dry white wine or reduced-sodium chicken broth
- 1 tsp. dried thyme, crushed
- 4 6-inch Italian bread shells (such as Boboli)
- Red sweet pepper (optional)
- Fresh marjoram (optional)

In a large skillet cook and stir onions and pepper over medium-high heat in hot oil, uncovered, for 7 minutes or till onions turn brown. Remove onions; set aside. Add beans to skillet; cook for 1 minute. Add the wine or broth and thyme; reduce heat and simmer, uncovered, for 3 to 4 minutes or till liquid is reduced by half. Mash beans slightly.

Spread bread shells with bean mixture; top with onions. Bake in a 450° oven for 10 minutes. Cut into wedges. Garnish with red pepper and marjoram. Makes 16 servings.

Nutrition facts per serving: 108 cal., 3 g total fat (0 g sat. fat), 1 mg chol., 211 mg sodium, 16 g carbo., 1 g fiber, 4 g pro. Daily Values: 0% vit. A, 2% vit. C, 3% calcium, 6% iron.

Portobello Pizzettas

Omit the pepperoni to turn this into a great vegetarian appetizer.
Prep: 10 minutes Cook: 12 minutes

- ½ of a 10-oz. pkg. frozen chopped spinach
- 1½ cups shredded mozzarella cheese (6 oz.)
- ½ cup coarsely chopped turkey pepperoni or pepperoni
- 1 tsp. dried basil, crushed
- ¼ tsp. coarsely ground pepper
- 12 portobello mushrooms (3 to 4 inches in diameter)
- 2 Tbsp. margarine, melted

Thaw spinach and press out liquid; finely chop. In a mixing bowl combine spinach, cheese, pepperoni, basil, and pepper. Clean mushrooms; remove stems. Place open side up on a lightly greased baking sheet; brush with margarine. Spoon 2 tablespoons spinach mixture into each.

Bake in a 350° oven for 12 minutes or till heated through. (Or, place on the unheated rack of a broiler pan. Broil 4 inches from the heat for 3 to 4 minutes.) If desired, garnish with fresh basil. Makes 12 mushrooms.

Nutrition facts per pizzetta: 78 cal., 5 g total fat (2 g sat. fat), 16 mg chol., 201 mg sodium, 2 g carbo., 1 g fiber, 6 g pro. Daily Values: 10% vit. A, 3% vit. C, 8% calcium, 5% iron.

Mandarin Beef Buns

This recipe makes great pork buns, too.
Prep: 40 minutes Rise: 20 minutes
Cook: 15 minutes

- 1 Tbsp. cooking oil
- 2 cups shredded cooked beef or pork
- ¼ tsp. crushed red pepper
- 1 cup chopped bok choy, napa cabbage, or green cabbage
- 2 Tbsp. grated gingerroot
- 1 tsp. shredded orange peel
- ⅓ cup thinly bias-sliced green onions
- ¼ cup hoisin sauce
- 1 16-oz. package hot-roll mix
- 1 beaten egg
- Sesame seed

For filling, in a large skillet heat oil over medium heat. Add beef and red pepper; cook for 3 minutes. Add bok choy or other cabbage, gingerroot, and orange peel; cook for 2 to 3 minutes or till bok choy is wilted. Stir in onions and hoisin sauce; remove from heat. Cool.

Meanwhile, prepare the hot-roll mix according to package directions. Divide dough into 24 portions. Roll each portion into a ball. On a lightly floured surface roll or pat each ball into a 3½-inch circle.

For each bun, place about 1 tablespoon of the filling in center of a circle. Moisten edges of dough with water and bring up around filling, pinching the edges together to seal.

Arrange the filled buns, seam side down, on 2 lightly greased baking sheets. Cover and let rise in a warm place for 20 minutes. Brush with beaten egg; sprinkle with sesame seed. Bake in a 375° oven about 15 minutes or till golden. Makes 24 buns.

Make-ahead directions: Prepare and cook buns as directed. Cool for 30 minutes; wrap in heavy foil and freeze for up to 1 month. To reheat, leave the frozen buns in foil wrap. Bake in a 325° oven about 40 minutes or till heated through.

Nutrition facts per bun: 126 cal., 4 g total fat (1 g sat. fat), 28 mg chol., 188 mg sodium, 16 g carbo., 0 g fiber, and 7 g pro. Daily Values: 3% vit. A, 5% vit. C, 0% calcium, and 6% iron.

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(Hōme • māde • fat • frēe)*



FAT FREE HIDDEN VALLEY® SPINACH DIP

1. Mix 1 oz. packet Original Ranch® Dip Mix with 1 pint fat free sour cream.
2. Add one 10 oz. package frozen spinach, thawed and drained, and one 8 oz. can of water chestnuts, chopped.
3. Mix together and serve.



*Adj. Made at home, easy and fat-free.

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Good Things

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The key to making firm spring rolls is to keep the rice papers damp and pliable.

Petite Spring Rolls

Rice papers—sheets of pressed rice paste—can be found in Asian specialty markets or some large supermarkets.
Prep: 40 minutes

- 4 oz. rice vermicelli (rice sticks)
- 1 cup shredded lettuce or napa cabbage
- 1 medium carrot, finely shredded
- ⅓ cup chopped honey-roasted peanuts or plain peanuts
- 3 Tbsp. snipped fresh cilantro
- 1 Tbsp. snipped fresh mint
- 1 Tbsp. oriental fish sauce or soy sauce
- 2 tsp. cooking oil
- 1 tsp. toasted sesame oil
- ½ tsp. crushed red pepper
- 16 6-inch rice papers
- ⅓ cup hoisin sauce
- ¼ cup plum sauce

Cook vermicelli, uncovered, in boiling water for 2 minutes or just till limp. Drain; rinse with cold water and drain well. Chop into short pieces. In a large bowl combine vermicelli, lettuce, carrot, and peanuts.

In a bowl combine cilantro, mint, fish sauce or soy sauce, oils, and red pepper; add to noodle mixture. Toss ingredients thoroughly. Pour warm water into a large, shallow dish. Dip 1 or 2 rice papers at a time into water; gently shake off excess. Place the wet rice papers between clean, damp, 100% cotton kitchen towels; let stand for 10 minutes.

Spoon about 3 tablespoons of the noodle mixture onto one rice paper, just below center of paper. Tightly roll filled rice paper up from bottom, tucking in opposite sides as you roll. (See photo, *left.*)

Repeat with remaining papers and noodle mixture, covering rolls as you make them to prevent drying. Combine hoisin sauce, plum sauce, and ¼ cup water. Spoon over spring rolls to serve. Makes 16 spring rolls.

Nutrition facts per serving: 143 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 271 mg sodium, 26 g carbo., 1 g fiber, 4 g pro. Daily Values: 10% vit. A, 1% vit. C, 0% calcium, 3% iron.

Vegetable Ribbon Meatballs

This recipe yields 40 party-perfect teriyaki treats.
Prep: 30 minutes Cook: 30 minutes

- 1 medium zucchini
- 1 medium yellow summer squash, such as crookneck
- 1 medium red sweet pepper
- 1 lb. ground raw turkey
- ¾ cup soft bread crumbs
- 1 medium onion, finely chopped
- 6 cloves garlic, minced
- 1 Tbsp. snipped fresh basil
- ½ tsp. salt
- ¼ to ½ tsp. ground red pepper
- ⅓ cup hoisin sauce

Using a sharp vegetable peeler, slice zucchini and yellow squash lengthwise into wide, flat ribbons; set aside. Remove top and seeds from sweet pepper; cut into ¾- to 1-inch-wide strips; trim flesh to make strips about ⅛ inch thick. Set aside.

In a large mixing bowl combine turkey, bread crumbs, onion, garlic, basil, salt, and ground red pepper. Shape the meat mixture into 1-inch balls; arrange in a shallow baking pan. Brush meatballs with half of the hoisin sauce.

Bake in a 350° oven 20 minutes or till meat is no longer pink. Let cool about 15 minutes or till they are cool enough to handle. Meanwhile, in a medium saucepan cook zucchini, yellow squash, and sweet pepper, uncovered, in boiling water for 2 minutes. Drain and immediately rinse with cold water. Drain well. Wrap each ball with a ribbon of vegetable; secure with toothpicks.

Place wrapped meatballs on a clean, ungreased baking sheet; brush with remaining hoisin sauce. Return to 350° oven; bake for 10 minutes. Makes about 40 meatballs.

Nutrition facts per meatball: 25 cal., 1 g total fat (0 g sat. fat), 4 mg chol., 78 mg sodium, 2 g carbo., 0 g fiber, 2 g pro. Daily Values: 1% vit. A, 6% vit. C, 0% calcium, 1% iron.

Cappuccino Brownie Cups

Use brownie leftovers for parfaits, or crumble and sprinkle over ice cream.
Prep: 25 minutes Cook: 25 minutes
Cool: 2 hours

- ¾ cup granulated sugar
- ¾ cup butter or margarine
- ½ cup packed brown sugar
- ½ cup unsweetened cocoa powder
- 2 slightly beaten eggs
- 1 tsp. vanilla
- 1½ cups all-purpose flour
- 2 Tbsp. instant coffee granules
- 1 tsp. baking powder
- 1 cup milk
- 1 cup finely chopped walnuts or pecans
- 1 cup whipping cream
- 2 Tbsp. sifted powdered sugar
- 1 tsp. instant coffee granules
- Ground cinnamon

In a large skillet heat granulated sugar, butter or margarine, brown sugar, and cocoa powder over medium heat till butter melts, stirring constantly. Remove from heat; add beaten eggs and vanilla. Using a wooden spoon, beat lightly just till combined.

Combine flour, the 2 tablespoons coffee granules, and the baking powder. Add the flour mixture and milk alternately to the cocoa mixture, beating after each addition. Stir in walnuts or pecans.

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Good Things

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Pour batter into a lightly greased 13x9x2-inch baking pan. Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near center comes out clean. Cool on wire rack at least 2 hours. Meanwhile, in a small bowl beat whipping cream, powdered sugar, and the 1 teaspoon coffee granules till stiff peaks form.

Using a cookie cutter or drinking glass, cut brownies into 2-inch circles. Using a small measuring teaspoon, scoop out centers of brownie circles. Pipe or spoon the cream mixture into brownie cups. Sprinkle with cinnamon. Makes 16 brownie cups.

Nutrition facts per brownie cup: 305 cal., 20 g total fat (10 g sat. fat), 71 mg chol., 134 mg sodium, 28 g carbo., 1 g fiber, 5 g pro. Daily Values: 16% vit. A, 0% vit. C, 8% calcium, 9% iron.

After-Dinner Wontons

Fruit-and-nut-filled wontons add a subtle finish to the evening meal.
Prep: 45 minutes Cook: 5 minutes

- 2 medium pears, peeled and shredded (about 1½ cups)
- 2 medium cooking apples, peeled and chopped (about 1⅓ cups)
- 3 Tbsp. dried cherries, chopped
- 2 tsp. lemon juice
- 2 Tbsp. butter or margarine
- 3 Tbsp. Marsala or apple juice
- 2 Tbsp. finely chopped almonds
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ cup maple-flavored syrup
- 36 3¼-inch round wonton or potsticker wrappers
- 3 Tbsp. butter, melted
- Coarse granulated sugar or sifted powdered sugar

For filling, in a medium bowl toss together pears, apples, cherries, and lemon juice. In a large skillet cook fruit mixture in the 2 tablespoons butter or margarine over medium heat about 7 minutes. Reduce heat; stir in Marsala or apple juice, nuts, cinnamon, and ginger. Cook for 3 minutes more or till liquid has evaporated, stirring often. Stir in syrup; set aside.

For each wonton, spoon about 2 teaspoons filling into the center of a wrapper. Lightly moisten edges of wrapper with water. Fold top edge of wrapper over filling to opposite edge, making a half-moon. (See photo, *below*.) Press edges together to seal.

Arrange wontons on a greased baking sheet. Brush with the melted butter. Sprinkle with coarse sugar, if using. Bake in a 350° oven for 12 to 15 minutes or till golden. Cool slightly. Sprinkle with powdered sugar, if using. Makes 36 wontons.

Nutrition facts per wonton: 60 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 62 mg sodium, 9 g carbo., 0 g fiber, 1 g pro. Daily Values: 1% vit. A, 1% vit. C, 0% calcium, 2% iron.



Fold each round wonton wrapper into a half-moon shape and pinch edges closed.

Jelly Roll Dainties

Lemon curd, chocolate pudding, or ice cream are tasty filling alternatives for the fruit preserves.
Prep: 20 minutes Cook: 8 minutes
Cool: 1 hour

- ¼ cup all-purpose flour
- ½ tsp. baking powder
- 2 eggs
- ¼ tsp. vanilla
- 6 Tbsp. granulated sugar
- Sifted powdered sugar
- Fruit preserves or other filling

Lightly grease a 15x10x1-inch jelly-roll pan. Line bottom with waxed paper; grease paper. Set pan aside. Stir together flour and baking powder; set aside. Separate eggs; cover whites and set aside.

In a mixing bowl beat egg yolks and vanilla with an electric mixer on high speed till mixture thickens (about 5 minutes). Slowly add 3 tablespoons of the granulated sugar; beat on high speed till sugar is dissolved.

Wash beaters. In a clean bowl beat egg whites on medium speed till soft peaks form. Gradually add the remaining granulated sugar, beating till stiff peaks form.

Fold the egg yolk mixture into beaten egg whites. Sprinkle flour mixture over egg mixture; fold in gently just till combined. Spread batter evenly in the prepared pan.

Bake in a 350° oven for 8 to 10 minutes or till cake springs back when lightly touched. Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled with powdered sugar. Carefully peel off waxed paper. Roll up towel and cake, jelly-roll style, starting from one of the short sides. Cool on a wire rack for at least 1 hour.

Carefully unroll cake and remove towel. Cut cake in half lengthwise. Cut each half crosswise into thirds. For each jelly roll, spread one cake square with 1 to 2 tablespoons fruit preserves or desired filling (see alternate filling suggestions under recipe title, *left*) to within ½ inch of edge. Roll up the square and carefully slice in half crosswise. Sprinkle tops of rolls with powdered sugar, if desired. Makes 12 miniature jelly rolls.

Nutrition facts per jelly roll: 100 cal., 1 g total fat (0 g sat. fat), 36 mg chol., 28 mg sodium, 22 g carbo., 0 g fiber, 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, 3% iron.

Editor's note: *Last month's story "Step-by-Step Latkes" inadvertently included the dates for Hanukkah 1997 instead of 1997. This year's observance runs from the evening of December 24 through 31. We regret the error.*


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Two $400 winners, Two $200 winners, Ten $50 honor rolls

August 1998 Categories

Super Summer Squash: Zucchini may be the most popular, but don't forget chayote, crookneck, pattypan, and sunburst. Aim for unique, tasty recipes. Hold off on zucchini bread recipes.

Simply Sensational Cakes: Show us how you show off with a cake that tantalizes, but doesn't require a ton of time or ingredients. Be sure it's a summertime standout, perhaps gussied up with fresh fruit or edible flowers.

This Month's Winners—Pages 137 and 138

$400 Winners: Donia Kirchman, High Springs, Fla.; Karen S. Winslow, Columbia, S.C.

$200 Winners: Joyce Lee, La Vista, Neb.; Carmela M. Meely, Walnut Creek, Calif.

$50 Honor Roll Winners: Anne Frederick, Utica, N.Y.; Christine Grenier, West Hartford, Conn.; Helen Lucken, Aurora, Colo.; Lesley Nardini, Portland, Ore.; Mary V. Petrara, Lancaster, Pa.; Ellene S. Phufas, North Tonawanda, N.Y.; Stephanie G. Schuetz, La Verne, Calif.; Rebecca Secreti, Liverpool, N.Y.; Brenda Stutz, St. Louis, Mo.; Mary R. Sutter, Advance, N.C.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Super Summer Squash" or "Simply Sensational Cakes." Specify brands and recipe origin. 3. Address recipes to 9808 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by January 26, 1998, and received by January 31, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Prize Tested Recipes® 1997 Winner



Neeraja Narayanan has no trouble creating big flavors in her tiny Manhattan kitchen. Her Basil Chicken in Coconut-Curry Sauce earned the 1997 Grand Prize in our Prize Tested Recipes contest. Her winning entrée fuses tastes of India, where she grew up, and Thailand. Her next challenge will be to find space for her prize: $5,000 worth of General Electric Profile appliances.

Basil Chicken In Coconut-Curry Sauce

If you rummage in your cupboard, you'll find you have many of the spices that go in this spectacular curry sauce.

- 4 skinless, boneless chicken breast halves (about 1 lb.)
- ½ tsp. each ground cardamom, cinnamon, cloves, coriander, and cumin; salt and cracked black pepper
- ¼ tsp. ground turmeric
- ¼ tsp. chili powder
- 1 large red onion, chopped
- 5 cloves garlic, minced
- 2 jalapeño peppers, seeded and finely chopped*
- 1 Tbsp. olive oil
- 1 13½ or 14-oz. can unsweetened coconut milk
- 2 tsp. cornstarch
- 3 Tbsp. snipped fresh basil
- 1 Tbsp. finely chopped gingerroot
- Hot cooked rice
- Fresh basil (optional)

Rinse chicken; pat dry. Cut into 1-inch pieces. Place chicken in a medium bowl. In a small bowl stir together the cardamom, cinnamon, cloves, coriander, cumin, salt, pepper, turmeric, and chili powder. Sprinkle over chicken; toss to coat. Cover and let stand at room temperature for 30 minutes or in the refrigerator for 1 to 2 hours.

In a large nonstick wok or skillet cook and stir onion, garlic, and jalapeño peppers in hot oil over medium-high heat for 2 minutes. Remove onion mixture. Add about half of the chicken to the wok or skillet. Cook and stir for 2 to 3 minutes or till chicken is tender and no pink remains. Remove chicken from wok or skillet. (If necessary, add additional oil.) Cook and remove remaining chicken as above. Stir together coconut milk and cornstarch. Carefully add to wok or skillet. Cook and stir till thickened and bubbly. Return chicken and onion mixture to skillet. Stir in snipped basil and gingerroot. Cook and stir about 2 minutes more or till heated through. Serve over rice. Garnish with fresh basil, if desired. Makes 4 servings.

Nutrition facts per serving: 361 cal., 25 g total fat (17 g sat. fat), 59 mg chol., 350 mg sodium, 11 g carbo., 1 g fiber, and 24 g pro. Daily Values: 1% vit. A, 24% vit. C, 3% calcium, and 17% iron.

*Hot peppers contain oils that can burn your skin and eyes, so handle with care. For a tip on handling hot peppers, see *page 122.*


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$400
WINNER

Karen Smith Winslow, Columbia, S.C., in the Meat Pies category.
January 1998



Italian Beef and Spinach Pie

This flavor-packed lasagna-without-noodles is a colorful entrée, thanks to all the veggies.

- 1 unbaked 9-inch pastry shell
- ½ lb. lean ground beef
- ¼ lb. mild ground Italian turkey sausage
- ¾ cup chopped red and/or yellow sweet pepper
- ½ cup sliced fresh mushrooms
- 1 clove garlic, minced
- 1 cup water
- ½ cup tomato paste
- 1½ tsp. dried Italian seasoning, crushed
- ½ tsp. salt
- 1 10-oz pkg. frozen chopped spinach, thawed and well drained
- ⅔ cup light ricotta cheese
- ¾ cup shredded mozzarella cheese (4 oz.)
- 1 cup chopped tomato
- Fresh oregano sprigs (optional)

Line pastry shell with a double thickness of foil. Bake in a 450° oven for 8 minutes. Remove foil. Bake 4 to 5 minutes more or till set and dry; set aside.

In a medium skillet cook beef, sausage, pepper, mushrooms, and garlic till meat is brown and vegetables are tender; drain off fat. Stir in water, tomato paste, Italian seasoning, and salt. Heat to boiling; reduce heat and simmer, covered, for 10 minutes.

Meanwhile, in a medium bowl stir together spinach, ricotta cheese, and ¼ cup of the mozzarella cheese. Spoon the spinach filling into baked pastry shell. Top with meat mixture. Cover edge of pastry with foil to prevent overbrowning. Bake in a 350° oven for 45 minutes. Remove foil. Top with tomato and remaining ½ cup mozzarella cheese. Bake 2 minutes more or till heated through and cheese is just melted. Let stand 10 minutes before serving. Garnish with fresh oregano, if desired. Makes 8 servings.

Nutrition facts per serving: 290 cal., 16 g total fat (5 g sat. fat), 33 mg chol., 417 mg sodium, 22 g carbo., 3 g fiber, 16 g pro. Daily Values: 34% vit. A, 51% vit. C, 12% calcium, and 12% iron.

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$400
WINNER

Donia Kirchman, High Springs, Fla., in the Healthful Side Dishes category.
January 1998



Crisp Apple-Rice Salad

Apples lend a refreshing crunch and contrast to the rice in this winning salad.

- 2 cups cooked brown and/or wild rice, chilled
- 2 cups chopped apple (about 2 medium)
- 1 cup thinly sliced celery
- ¼ cup shelled sunflower seeds
- ¼ cup dried currants
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 2 tsp. honey
- 2 tsp. brown or Dijon-style mustard
- 2 tsp. finely shredded orange peel
- 1 clove garlic, minced
- ¼ tsp. salt
- Radicchio (optional)
- Curly leaf lettuce (optional)

In a large mixing bowl combine chilled rice, apple*, celery, sunflower seeds, and currants. In a small bowl stir together vinegar, oil, honey, mustard, orange peel, garlic, and salt. Drizzle over rice mixture, tossing gently to coat. Serve immediately with radicchio and curly leaf lettuce, if desired. Or, cover and chill up to 24 hours. Makes 6 servings.

* If salad will not be used immediately, chop and add apple just before serving.

Nutrition facts per serving: 183 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 133 mg sodium, 30 g carbo., 3 g fiber, 4 g pro. Daily Values: 0% vit. A, 9% vit. C, 2% calcium, and 8% iron.

PRIZE TESTED RECIPES®

see page 134 for details

$200 WINNER

Joyce Lee, La Vista, Neb., in the Healthful Side Dishes Category. January 1998



Mexicana Couscous

Quick couscous helps put this dish, reminiscent of Spanish rice, on the table in no time.

- ¾ cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. cooking oil
- ½ tsp. ground cumin
- 1 cup reduced-sodium chicken broth
- ¾ cup frozen peas
- ¾ cup coarsely chopped tomato or ¾ cup diced canned tomatoes
- 2 Tbsp. snipped fresh cilantro or 2 tsp. dried cilantro, crushed
- ¾ cup quick-cooking couscous
- Fresh cilantro sprigs (optional)

In a medium saucepan cook onion and garlic in hot oil over medium heat till tender. Stir in cumin; cook for 30 seconds. Carefully add broth, peas, tomato, and cilantro. Bring mixture to boil; stir in couscous. Remove from heat. Cover; let stand for 5 minutes. Fluff with a fork before serving. Garnish with cilantro sprigs, if desired. Makes 6 servings.

Nutrition facts per serving: 134 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 124 mg sodium, 23 g carbo., 6 g fiber, 4 g pro. Daily Values: 15% vit. A, 13% vit. C, 1% calcium, and 5% iron.



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$200 WINNER

Carmela M. Meely, Walnut Creek, Calif., in the Meat Pies Category. January 1998



Chicken-Artichoke Turnovers

Frozen patty shells offer a great shortcut for making these plump poultry packets.

- 1 10-oz. pkg. frozen patty shells (6)
- ¼ cup light dairy sour cream
- 1 to 1½ tsp. chili powder
- 2 cloves garlic, minced
- 1 tsp. lemon juice
- 1½ cups chopped, cooked chicken
- ¾ cup shredded Monterey Jack cheese
- ¾ cup coarsely chopped, drained artichoke hearts (half of a 14-oz. can)
- 1 4-oz. can diced green chilies, drained
- 2 green onions, thinly sliced
- 1 Tbsp. snipped fresh parsley
- Milk

Thaw patty shells; set aside. In a medium bowl stir together sour cream, chili powder, garlic, and lemon juice. Add chicken, cheese, artichoke hearts, chilies, green onions, and parsley; stir to combine. On a lightly floured surface roll out each patty shell to a 7-inch circle. Place about ½ cup filling on half of each circle. Moisten edges with water; fold other half of circle over filling. Press to seal with tines of a fork. Place on ungreased, foil-lined baking sheet. Cut a slit in top of turnovers. Brush tops with milk. Bake in a 400° oven for 25 to 30 minutes or till golden. Makes 6 servings.

Nutrition facts per serving: 367 cal., 23 g total fat (4 g sat. fat), 48 mg chol., 378 mg sodium, 22 g carbo., 1 g fiber, 18 g pro. Daily Values: 8% vit. A, 17% vit. C, 13% calcium, and 7% iron.

Photographs: Scott Little

Buying information, page 150

Baker's®

JANUARY

Get them to put the remote down.



Baker's® Turtle Brownies

Prep: 20 minutes Bake: 55 minutes

4 squares BAKER'S Unsweetened Baking Chocolate
¼ cup (1 1/2 sticks) butter or margarine
2 cups sugar
4 eggs
1 cup flour
1 pkg. (14 oz.) caramels, unwrapped
⅓ cup heavy cream
2 cups pecans or walnut halves, divided
1 pkg. (12 oz.) BAKER'S Real Semi-Sweet Chocolate Chips (optional)

HEAT oven to 350° F. Grease foil-lined 13 x 9-inch baking pan.

MICROWAVE chocolate squares and butter in microwavable wl on HIGH 2 minutes or until butter is melted. Stir until ocolate is completely melted.

STIR sugar into chocolate until well blended. Mix in eggs. Stir flour. Spread 1/2 of batter in prepared pan.

BAKE 25 minutes, or until batter is firm to the touch.

MEANWHILE, microwave caramels and cream in microwavable wl on HIGH 3 minutes or until caramels begin to melt. Whisk til smooth. Stir in 1 cup of nuts. Gently spread caramel mixture er brownie batter in pan. Sprinkle with chocolate chips, if desired. ur remaining unbaked brownie batter evenly over caramel xture; sprinkle with remaining nuts. (Some caramel mixture y peak through.)

BAKE additional 30 minutes. Cool in pan. Run knife around ge of pan to loosen brownies from sides. Lift from pan using foil handles. Cut into 24 fudgy brownies.



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Penne d'Allessandria

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Penne d'Allessandria

6 red bell peppers, quartered, seeds and stems discarded
6 Tbsp. Bertolli Extra Virgin Olive Oil
Salt and freshly ground black pepper
1 lb. large white mushrooms, sliced
1/2 cup packed Italian parsley leaves
1 Tbsp. fresh oregano leaves
1 Tbsp. fresh thyme leaves, stripped from stems
2 garlic cloves, coarsely chopped
1 lb. Italian sausage, sliced (removed from casings)
1 lb. penne or other tubular pasta shape
1/4 cup reserved pasta cooking liquid
Grated Parmigiano-Reggiano, to taste

1. Heat oven to 450°F. Cut pepper quarters into 1/2" thick diagonal pieces. Place in 13x9" baking dish. Drizzle with 3 Tbsp. of olive oil; salt, pepper to taste. Bake until peppers are charred on edges and tender, stirring occasionally, 30-40 min. Remove from oven.

2. Finely chop parsley, oregano, thyme, garlic together; set aside. Heat 3 Tbsp. of oil in large non-stick skillet. Add mushrooms, cook, stirring, over medium high heat until mushrooms are tender and golden brown. Add chopped herb and garlic mixture; saute, stirring, 2 min. Sprinkle with salt, pepper, transfer to side dish. Wipe out skillet.

3. Place sausage into skillet, cook, stirring, over medium high heat, until sausage is browned. Transfer to strainer, drain. To baking dish with roasted peppers, add mushroom mixture and sausage. Cover with foil. Keep warm in oven, set at lowest temperature.

4. Boil large pot of water. Stir in penne, salt, to taste. Cook, stirring frequently, over high heat, until pasta is tender. Ladle out 1/4 cup pasta cooking liquid; reserve. Drain pasta.

5. In large deep platter combine pasta, red pepper, mushroom and sausage mixture. Stir to combine. Add pasta cooking liquid to moisten pasta. Sprinkle with cheese. Serves 4.

BERTOLLI Lucca

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Check One: ☐ Whole Bean (1) ☐ Ground (2)

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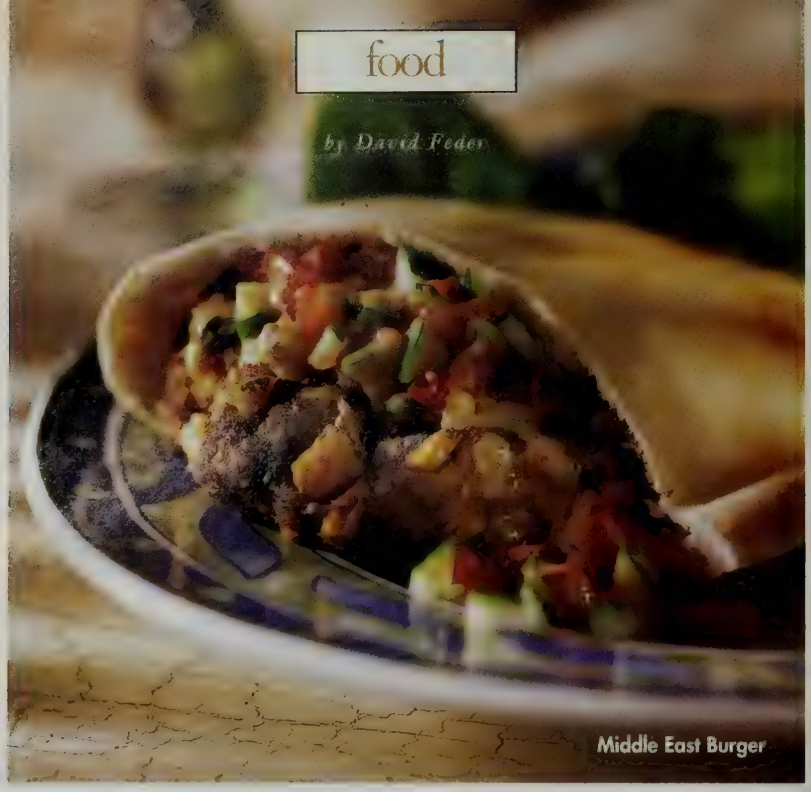
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Burgers Go Multicultural

Burgers may be all-American, but that doesn't mean they all have to speak the same language. Dress up your burgers in a world of different flavors, starting with these four terrific international variations.

Basic Burger

- 1 beaten egg
- ¾ cup soft bread crumbs
- 1 lb. lean ground beef
- ¼ tsp. salt
- ¼ tsp. fresh ground pepper

Combine all ingredients and shape into four ¾-inch-thick patties. Grill over medium coals for 14 to 18 minutes or till no pink remains, turning once. (Or, broil 3 to 4 inches from heat for 12 to 14 minutes.) Serve on buns with desired condiments. Makes 4 servings.

Nutrition facts per basic burger, without bun or condiments: 225 cal., 12 g total fat (5 g sat. fat), 125 mg chol., 235 mg sodium, 4 g carbo., 0 g fiber, and 23 g pro. Daily Values: 2% vit. A, 0% vit. C, 2% calcium, and 16% iron.

Middle East Burger:
Prepare the Basic Burger mixture, adding ¼ cup drained, rinsed, and coarsely chopped canned chickpeas, 2 tablespoons chopped fresh parsley, and 2 teaspoons ground cumin.

Serve Middle East burgers in warm pita pocket bread with chopped cucumber, tomato, and tahini (sesame seed paste) or sprinkle with sesame seed.

Korean Kimchee Burger:
Prepare the Basic Burger mixture. In a small mixing bowl combine 2 tablespoons bottled minced garlic with 2 tablespoons toasted sesame seeds, crushed. Stir in 4 teaspoons soy sauce, 4 teaspoons toasted sesame oil, and 2 teaspoons sugar.

Mix half of the sesame mixture with the meat mixture. Shape mixture into patties. Grill or broil; top each finished burger with the remaining sesame mixture and 2 tablespoons of coarsely chopped, prepared kimchee. Serve burgers on toasted whole wheat or plain hamburger buns.

French Burger:
Add ¼ cup crumbled blue cheese, 2 tablespoons drained capers, and snipped fresh tarragon (or a small amount of dried tarragon, crushed) to the Basic Burger mixture. Grill or broil; top with more crumbled blue cheese, if desired, and serve on toasted sliced sourdough bread.

Greek Burger:
To the Basic Burger mixture add ¼ cup finely chopped pitted Greek olives and 2 tablespoons snipped fresh oregano or 1 teaspoon dried oregano, crushed. After grilling or broiling, top burgers with crumbled feta or herbed feta cheese. Serve in warmed pita rounds.

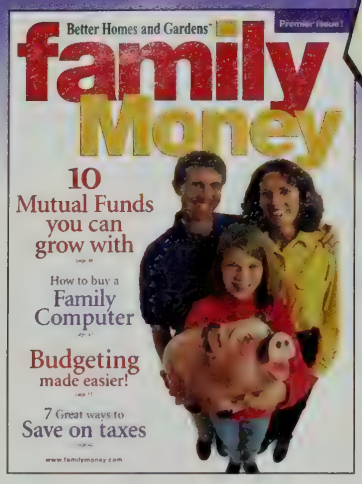
FOR SAFETY'S SAKE

To thaw frozen meat, place well-wrapped meat on a platter or baking sheet in the refrigerator overnight. Do not refreeze meat once it has been thawed. Store at or below 38° till ready to cook. Cook ground beef thoroughly—to at least 165° in the center—to ensure safety from dangerous microorganisms such as *E. coli*.


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Slice of Life



With this update, garlic br sheds its role as spaghetti's sec fiddle and gains an appeal all its o

Quick Bruschetta

This version is lower in fat than many traditional recipes.

- ½ cup finely shredded Parmesan cheese
- 2 Tbsp. snipped parsley
- 2 cloves garlic, minced
- 1 tsp. dried marjoram, crushe
- ¼ tsp. pepper
- 8 to 10 slices French or Italia bread cut ½ inch thick
- Olive oil
- 2 oz. prosciutto, cut into thin strips (about ½ cup)

In a small bowl comb Parmesan, parsley, garlic, marjora and pepper. Lightly brush each sl of bread with olive oil. Top brushed side of each bread slice w prosciutto strips and sprinkle w cheese mixture. Place bread slices the unheated rack of a broiler p Broil 3 to 4 inches away from heat about 1 minute or till chees melted. Serve immediately. Make to 10 servings.

Nutrition facts per serving: 141 c 7 g total fat (0 g sat. fat), 5 mg ch 358 mg sodium, 14 g carbo., 0 g fi 7 g pro. Daily Values: 1% vit. A, vit. C, 6% calcium, 5% iron.





Spring Bouquets

Grouped in a trio over a bed, these floral prints carry more visual weight than they would if hung solo. Still, the narrow white frames and crisp mats keep the look light and airy and don't detract from the image. The low, horizontal lines and repetitive nature of the grouping also convey a more restful feeling than would a single vertical print or a stacked grouping.

This set of 11×11-inch framed prints—featuring seasonal arrangements of tulips, pansies, and roses—will bring the essence of spring to any room in your home. Available to readers of *Better Homes and Gardens*® magazine by special arrangement with MTC Art and Metal Tile Corp., each print is mounted under acrylic plastic and features stylish parchment-look and gold-colored double matting. Frames are white. The price of the set is $37.95, which includes all shipping and handling charges plus applicable sales tax.

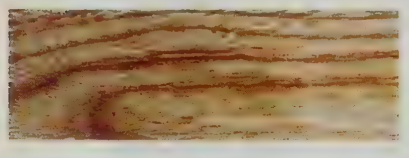
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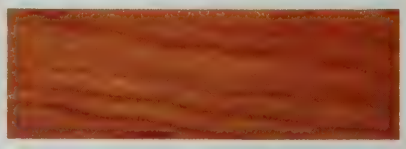
Easy Guide to Hardwoods

by Steve Cooper

Hardwoods are the trees we love in fall when their leaves blaze with wondrous colors. Most of us happily fill our homes with gorgeously grained hardwoods because they remind us of the beauty that reigns in the larger, outside world. The species shown here are favorites. But don't call these woods "common"—like snowflakes, no two pieces of wood are exactly the same.



Ash. After finishing, this hardwood can be mistaken for oak because their grain patterns are similar. Cabinetmakers often use solid ash alongside oak plywood for their projects because the two woods match so well. At home, you'll find ash makes excellent flooring and furniture. Ash is so heavy and hard, its most famous use is for baseball bats.



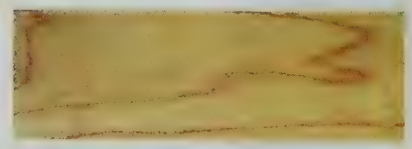
Cherry. If a wood can be called "hot" because of increasing demand, this is the one. Cherry cabinetry is all the rage because this reddish-brown fruitwood looks yummy and will darken to a fine patina. Some flooring makers have recently introduced cherry as an option. As demand for top-quality cherry increases, furniture made from it may increase in value.



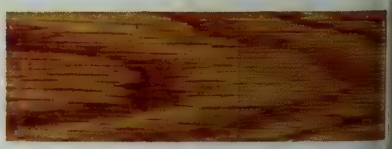
Walnut. This appealing hardwood ranges i color from chocolate brown to rich, darl plum. Because of these deep colors, walnu can become a somber presence that wil dominate a room. It's best to limit its use t furniture and such tabletop pieces as bowl and candlesticks. Walnut blends nicely wit other woods as an accent. Maple cabinet with walnut inlays are fetching, for instance



Yellow Poplar. Though it's called poplar, this species is related to magnolia trees and not other poplars, which are softwoods. Yellow poplar trees grow straight, and they yield great quantities of lumber. It's not usually used for furniture showpieces because it lacks walnut's richness and oak's pleasing grain patterns. But poplar does take a finish well, so it's a good choice for painted woodwork.



Maple. The cool look of this blond wood makes it the perfect natural flooring for contemporary design. Its popularity is surging for cabinets, too, as designers go for a sophisticated feel in kitchens. Straight-grained cuts are common, but highly figured burled- and bird's-eye-maple cuts, with their unexpected patterns of swirling reddish brown, give furniture distinction.



Oak. Two popular varieties of oak—red an white—make up more than half of th commercially available hardwood. Bot types are used for flooring, cabinetry, an furniture because they stand up to punish ment. Oak's wide grain looks good whethe stained a dark walnut color or finished wit a clear coat. If you want an unusual lool ask for richly figured quartersawn oak.

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IMITREX is appropriate for many migraine sufferers, but only your doctor or other health care provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnosis Audit (PDDA), August 1995 - July 1996, Scott-Levin, a subsidiary of PMSI

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BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions section of full prescribing information and PRECAUTIONS: Drug Interactions).

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, but have only rarely been associated with ischemic ECG changes. However, because sumatriptan may cause coronary artery vasospasm, patients who experience signs or symptoms suggestive of angina following sumatriptan should be evaluated for the presence of CAD or a predisposition to Prinzmetal's variant angina before receiving additional doses of sumatriptan (see WARNINGS). Similarly, patients who experience other symptoms or signs suggestive of decreased arterial flow (such as ischemic abdominal syndromes or Raynaud's syndrome) following sumatriptan should be evaluated for atherosclerosis or predisposition to vasospasm.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY section of full prescribing information).

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY and DOSAGE AND ADMINISTRATION sections of full prescribing information).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY section of full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY section of full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled and retrospective analysis compared 199 patients who had been using IMITREX Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m^2 basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the in vitro mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the in vitro human lymphocyte assay and the in vivo rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one half of the maximum recommended single human dose of 100 mg on a mg/m^2 basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: *Pregnancy Category C*: In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m^2 basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m^2 basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m^2 basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	IMITREX® 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	8	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	2
Neurological				
Agitation	0	0	0	
Urogenital				
Dysuria	<1	0	0	

*Events that occurred at a frequency of 1% or more in the IMITREX group and that occurred more frequently in that group than the placebo g

Other events that occurred at least as often on placebo as in the 100- included abdominal discomfort, mouth or tongue discomfort, neck stiffnes disturbance, nausea and/or vomiting, migraine, headache, drowsiness/ ness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most are mild and transient and do not lead to long-lasting effects. The incid events in controlled clinical trials was not affected by gender or age of the was insufficient data to assess the impact of race on the incidence of adve

Other Events Observed in Association With Oral Sumatriptan: In the par low, the frequencies of less commonly reported adverse clinical events Because the reports cite events observed in open and uncontrolled stu IMITREX Tablets in their causation cannot be reliably determined. Further associated with reporting requirements, the terminology used to describe etc., limit the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an the total number of patients (n = 6,348) exposed to oral sumatriptan. All rep included except those already listed in the previous table, those too gener tive, and those not reasonably associated with the use of the drug. Events sified within body system categories and enumerated in order of decre using the following definitions: frequent adverse events are defined as thos least 1/100 patients; infrequent adverse events are those occurring in 1 patients; rare adverse events are those occurring in fewer than 1/1,000 pat

Atypical Sensations: Frequent were burning sensation, numbnes Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold

Cardiovascular: Frequent were chest discomfort, chest pressure/h tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hyp pulsating sensations, tachycardia.

Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, lesion, heart block, peripheral cyanosis, thrombosis, transient myoc vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent w turbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated t ulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglyc roidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequ pation, dysphagia, gastroesophageal reflux. Rare were gastrointe hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cra tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent depression, difficulty concentrating, disturbance of smell, dysarthria, eupl heat sensitivity, incoordination, lacrimation, monoplegia, sleep disturb syncope, tremor. Rare were aggressiveness, apathy, bradylogia, cluster he sions, decreased appetite, drug abuse, dystonic reaction, facial paralysis hunger, hyperesthesia, hysteria, increased alertness, memory disturb paralysis, personality change, phobia, radiculopathy, rigidity, suicide, twit

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare wa

Skin: Frequent was sweating. Infrequent were erythema, prur tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were co retention, overdose. Rare were edema, hematoma, lymphadenopathy bance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported from postmarketing experience except those events already listed p ADVERSE REACTIONS section or those too general to be informative. Bec cite events reported spontaneously from worldwide postmarketing exper of events and the role of IMITREX Tablets in their causation cannot be reli

Blood: Pancytopenia, thrombocytopenia.

Cardiovascular: Cardiomyopathy, cerebrovascular accident, is pulmonary embolism, shock, subarachnoid hemorrhage.

Dermatological: Exacerbation of sunburn, photosensitivity.

Ear, Nose, and Throat: Deafness.

Eye: Intraocular disorders, ischemic optic neuropathy, periorbital ede occlusion.

Gastrointesinal: Xerostomia.

Hepatic: Disturbances of liver function tests, hepatic impairment.

Hypersensitivity Reactions: Erythema, pruritus, rash, shortness urticaria. In addition, severe anaphylaxis/anaphylactoid reactions have be WARNINGS).

Non-Site Specific: Angioneurotic edema, cyanosis, death (see WARN arteritis.

Psychiatry: Panic disorder.

Urogenital: Acute renal failure.

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX T fully delineated in advance of extensive marketing experience. One cl IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with stance abuse failed to induce subjective behavior and/or physiologic re associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 out significant adverse effects. Volunteers (n=174) have received single to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary observed after intravenous administration of sumatriptan (see CONTR Overdoses would be expected from animal data to possibly cause tremthema of the extremities, abnormal respiration, cyanosis, ataxia, mydrias The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL GY section of full prescribing information), and therefore monitoring of pa dose with IMITREX Tablets should continue for at least 10 hours or wh signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has or centrations of sumatriptan.

Glaxo Wellcome
Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U. S. Patent Nos. 4,816,470 and 5,037,845
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February 1997 RL-392

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IMC147RO April 1997

If you purchased prescription thyroid medication, this settlement notice may affect your rights.

SUMMARY NOTICE OF PENDENCY OF CLASS ACTION AND PROPOSED SETTLEMENT AND HEARING

To: All consumers in the United States and Puerto Rico who purchased Synthroid® levothyroxine sodium tablets, USP ("Synthroid") between January 1, 1990 and October 30, 1997:

You may be entitled to share in the proceeds of a proposed class action settlement. This notice informs you of the alternatives that you have.

This notice is being published pursuant to Rule 23 of the Federal Rules of Civil Procedure and pursuant to an Order of the United States District Court for the Northern District of Illinois (the "Court") in In Re Synthroid Marketing Litigation, No. 97 C 6017, MDL No. 1182, to inform you of the following:

The Court has made a preliminary determination that this action may be maintained as a class action for settlement purposes on behalf of the following class: all consumers in the United States and Puerto Rico who purchased Synthroid between January 1, 1990 and October 30, 1997 and who do not exclude themselves from the class (the "Class" or "Class Members"). The individuals who are defendants in this case are not members of the Class.

There is a Proposed Settlement on behalf of the Class which provides for, among other things, the establishment of a Settlement Fund of $98 million, plus interest.

Synthroid tablets come in many colors, have the word "LINT" stamped on one side and a number indicating the dosage on the other. If you are a Class Member, you will be eligible to receive money from the Settlement Fund if the Proposed Settlement is approved. To be eligible, you must file a claim form postmarked on or before July 31, 1998. Please call toll free 1-800-853-4853 for a claim form, or see the website, www.synthroidclaims.com.

The Court will hold a hearing on March 13, 1998 to consider whether the Proposed Settlement is fair, reasonable and adequate and in the best interest of the Class, and Plaintiffs' counsel's applications for attorneys' fees and expenses and for the payment of awards of not more than $2500 to certain named plaintiffs.

You have a right to exclude yourself from the Class by mailing a request for exclusion postmarked on or before February 6, 1998. For a full Notice discussing the consequences of excluding yourself from the Class, and explaining how to do so, please call toll free 1-800-853-4853 or see the website, www.synthroidclaims.com.

If you do not exclude yourself from the Class, you have a right to object to the Proposed Settlement, but you must make certain filings with the Court by no later than February 6, 1998. **The Court Has Established Procedures You Must Follow In Order To Assert An Objection.** Please call toll free 1-800-853-4853 for a full Notice describing the procedures for making objections in writing and at the Settlement Hearing.

This Does Not Involve the Safety or Effectiveness of Your Synthroid in Any Way.

This is only a summary. For a complete and detailed Notice, or for more information, call toll free 1-800-853-4853 or see the website, www.synthroidclaims.com. You may also write in confidence to: Synthroid Marketing Litigation, P.O. Box 7090, San Rafael, CA 94912-7090.

PLEASE DO NOT CONTACT THE COURT, THE CLERK'S OFFICE, OR THE JUDGE.

By order of the Honorable Elaine E. Bucklo, Judge of the United States District Court for the Northern District of Illinois. Date: October 30, 1997.

1-800-853-4853 **www.synthroidclaims.com**

Or you could try new Fab® Sensitive Skin laundry detergent.



Dermatologist tested. Hypo-allergenic. Free of dyes and perfumes which may irritate your ski
And it's tough on dirt, too. "Oh Fab! I'm glad. There's something new for sensitive skin, too!"

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The (fun) art of saying thank you

In a blizzard of wrapping and ribbons, the holiday season brings toys, software, books, and clothing. But whether the gifts are big or small, many or few, good manners mean saying thank you—even for the socks that are a size too big. With the ideas on the following pages (and more on *page 44* in "Holiday Thank-Yous"), it doesn't have to be a chore. Be creative. Have fun. Impress your relatives! (And keep atop their shopping lists).

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continued from page 143



ornaments



Christmas cards from past seasons provide a great source for making holiday thank-yous. Cut out characters or scenes and glue them onto different shapes of construction paper. Punch a hole at the top and attach a ribbon—you've got an ornament to hang on the tree before Christmas. When the tree comes down, write your thank-you message on the back of the ornament and send it off.





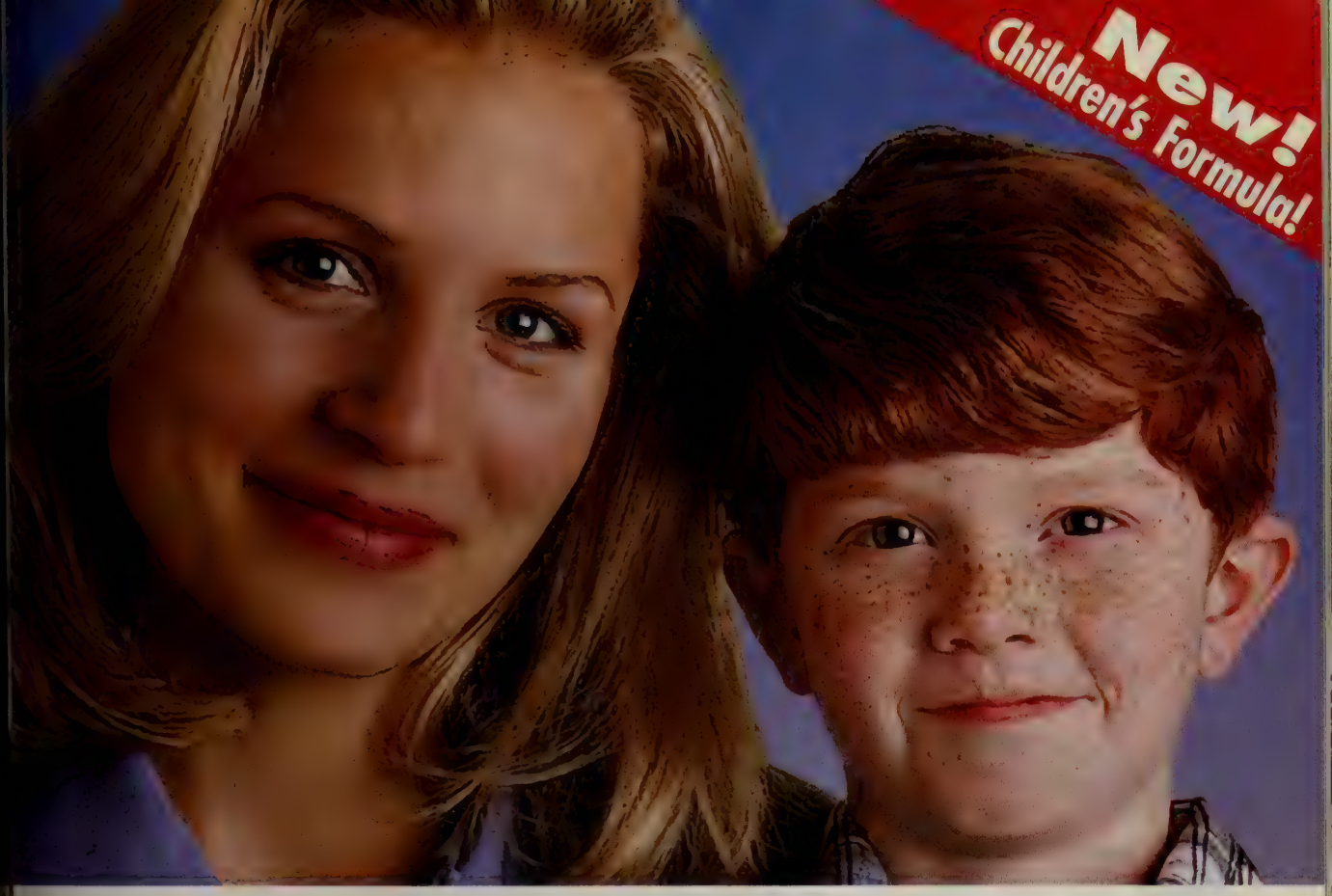




magnets

Even after the season, you can be part of the gift-giving tradition by making small items for the people who gave you gifts. Paste pretty pictures from old cards on refrigerator magnets. (Cut up freebie magnets from businesses.) For a card, fold construction paper in half and decorate. Attach the magnet to the inside with a loop of cellophane tape. Cut a window in the front of the card, framing the magnet.

continued on page 14



last, the first children's liquid just for sore throats.

ldren's Cēpacol® provides up to six hours of wsy relief.

dren's Cēpacol Sore Throat Formula contains two est, most trusted ingredients to relieve sore throat s for up to six hours. So your child can get through chool day or through the night.

don't have to worry about over-medicating d.

have to treat your child's sore throat with a cough some other cold medicine he or she may not need.

s Cēpacol is formulated just for sore throats. It o aspirin, ibuprofen, alcohol or sugar. Just what needs to relieve the most bothersome sore throat : throat pain, stuffy nose and post nasal drip.

s Cēpacol. It relieves a child's sore throat and a oncern.

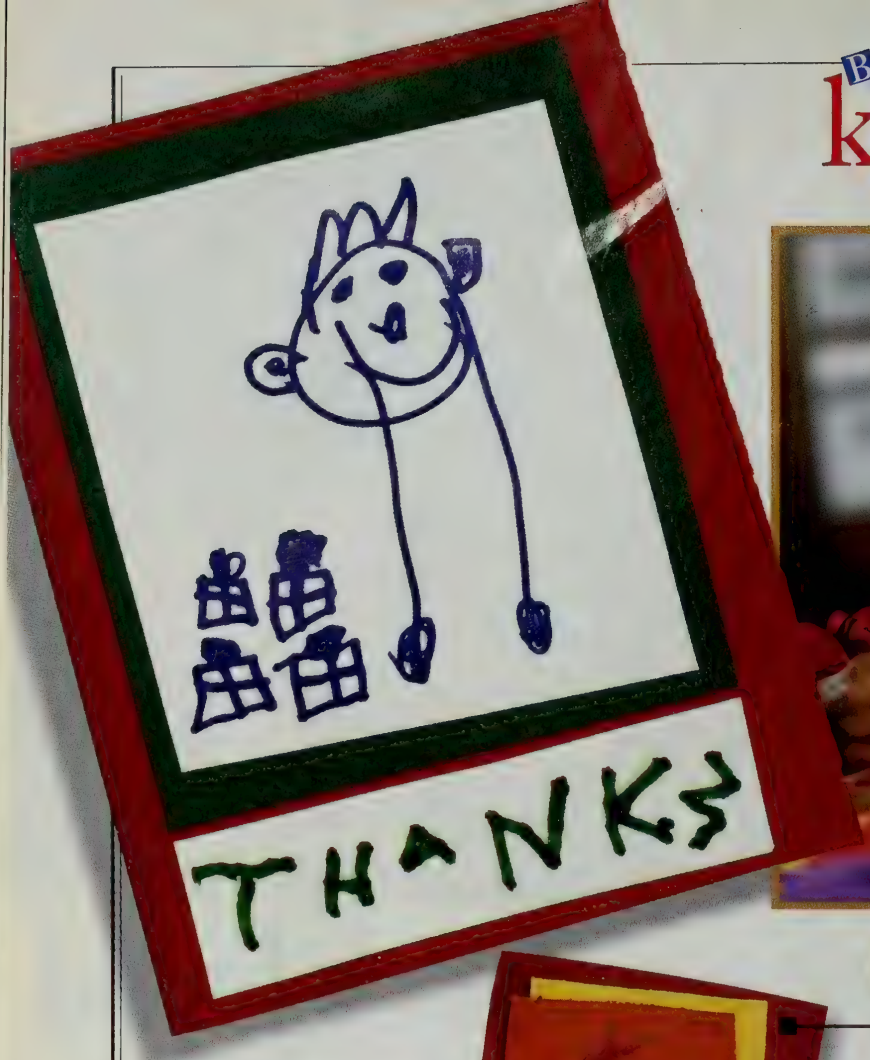
able in pleasant-tasting grape. Use as directed.

Children's Cēpacol.
Just for sore throats.



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continued from page 144





Cut & Paste

Do you have a stack of December art projects from school? Turn them into customized thank-you cards by cutting the drawings and paintings, and pasting them to construction paper. Or, create original artwork at home for the cards. For additional touches, create borders with contrasting colors of construction paper, stickers, or rubber stamps.



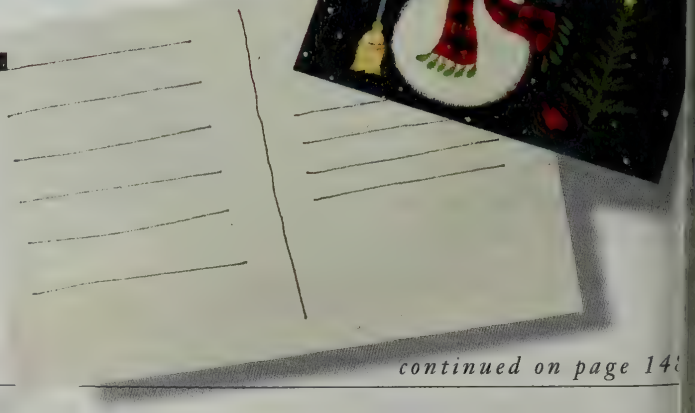




Postcards

Christmas cards can also be recycled to become thank-you postcards. Look for stiff picture card stock (about 4 by 6 inches is best) which has not been written on. Cut the card just inside the fold and, with a ruler, add lines for the message and address.





continued on page 14

ow long ould ilet training ke?

ere are as many answers to uestion as there are children. will train in a week. Some nonths. Each child will learn or her own pace.
rcing a child to train faster ctually slow things down. here is one sure way to make go smoother and easier.

Always be consistent.
you're teaching your toddler o be a Big Kid—be consistent. a set time for naps. A set time eals. A set way to wash, even a y to tie shoes. It's especially tant to be consistent during raining.
hen you make the big switch liapers to training pants, don't back and forth to diapers. our child in training pants. s may not be instant—but it easier in the long run.

Pull-Ups® say,
"You're getting bigger."
able to put on and take off wn underwear may not seem ch to you—but it's a huge rward for a toddler. Your child nger a baby, dependent on diapering. They're a Big Kid, to be independent, taking care of themselves. And when they feel like a Big Kid, they're more apt to act like one. Keep reinforcing those Big Kid habits with Pull-Ups, and training is bound to go more smoothly.

And Pull-Ups still give you unsurpassed protection—plus tear-away sides in case of accidents.



New "Big Kid" look:
Mickey and Minnie designs
With their new designs—Mickey Mouse for boys, Minnie Mouse for girls—Pull-Ups training pants look like the underwear a Big Kid wears. Children can't resist them.

Just wearing them will give your kid a Big Kid feeling.

Come visit us at
www.pull-ups.com
What if they train—then backtrack? What if they'll train for urine but not for BMs? How can you be sure they're ready to start in the first place? If you've got questions, we'd be glad to help. Come visit us on the Web anytime.

Then relax, don't worry—and keep encouraging those Big Kid habits with Pull-Ups.

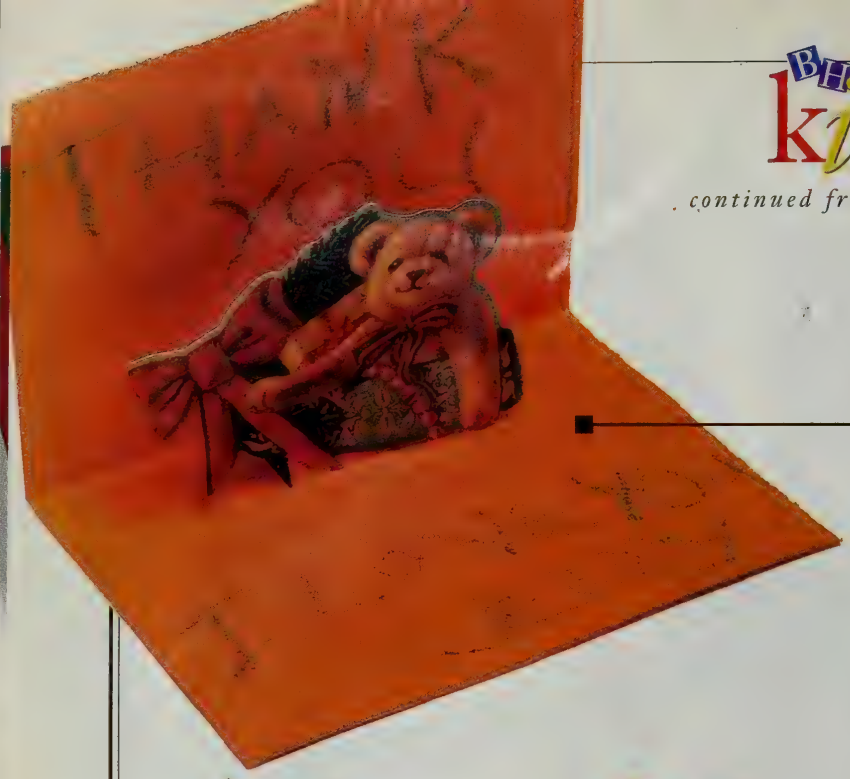
We're sure you and your Big Kid will do just fine.

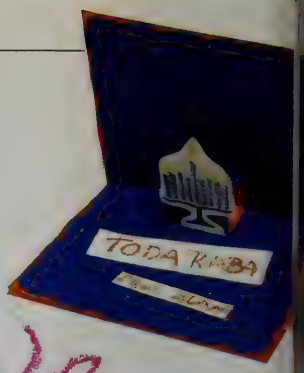
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© 1997 Disney Characters—Disney.



Pull-Ups. Still the best way to help your child become a "Big Kid."

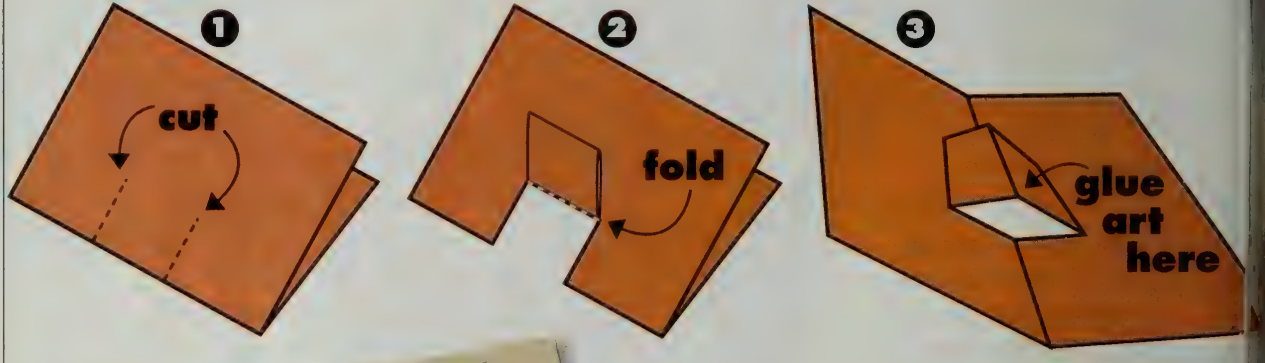
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Pop-Up

A simple pop-up technique makes for an impressive thank-you card. **Step 1:** Fold a piece of card stock in half and make two snips about one-inch in length. **Step 2:** This creates a tab which is folded up and creased. **Step 3:** Open the card and push the tab inward to create a step. Paste whatever you like to the rising part of the step. To hide the cuts, glue this card inside another piece of card stock of the same size.

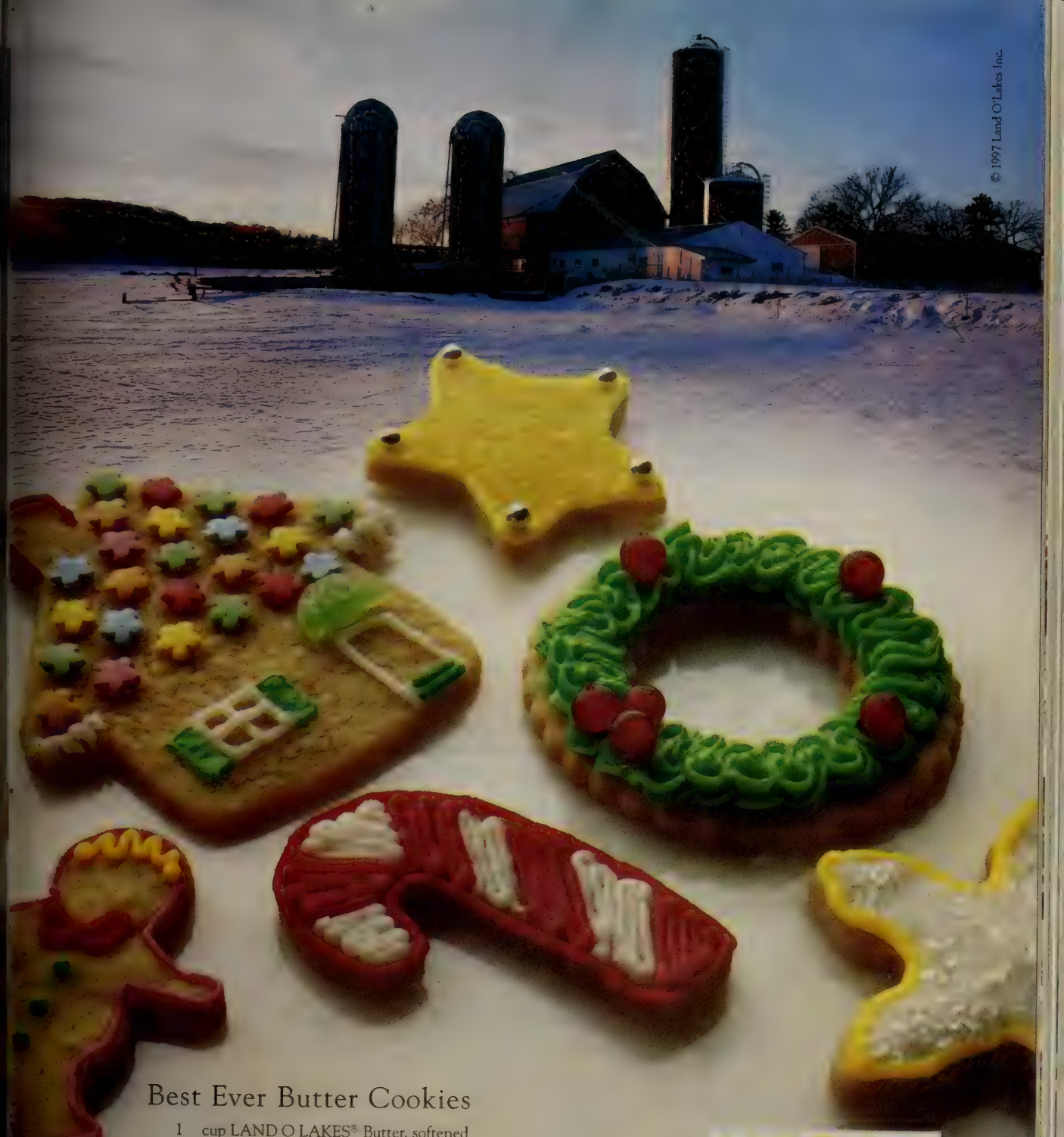






Frame

Many Christmas cards feature illustrations surrounded by colorful borders—borders that make great frames for photos. Cut a window inside the border and attach a photo of your child with the present. (Older kids can help select the photos.) Paste stationery or card stock on the other side to create a backing and to make room for a short thank-you note or kid-drawn picture.



Best Ever Butter Cookies

1	cup LAND O LAKES® Butter, softened
1	cup sugar
1	egg
2½	cups all-purpose flour
1	teaspoon baking powder
2	tablespoons orange juice
1	tablespoon vanilla

In a large mixer bowl combine butter, sugar and egg. Beat at medium speed until creamy. Reduce speed to low; add flour, baking powder, orange juice and vanilla. Beat until well-mixed. Divide dough in half, wrap; refrigerate until firm (2 to 3 hours).

Heat oven to 400°. On a lightly floured surface roll out dough, ½ at a time (keeping remaining dough refrigerated), to ⅛ to ¼-inch thickness. Cut with 2-inch cookie cutters. Place 1 inch apart on cookie sheets.

Bake for 6 to 10 minutes or until edges are **lightly** browned. Cool completely. Frost and decorate cookies if desired. Makes 6 dozen cookies.

If you have a baking question, call the Land O'Lakes Holiday Bakeline. We'll help you bake your best! 1-800-782-9606 (Nov. 1–Dec. 24, 8am–6pm CST).





Made with Tradition.
Made for Today.

www.landolakes.com

Buying Guide

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Collection by Karastan; 800/234-1120. **Painting,** Un Autre Regard—The French Collection; 310/652-7101. **Wire table lamps**—Currey & Co.; 404/885-1444. **Office accessories and file cart**—Hold Everything; 800/421-2264. **Slipcovers,** Sunbrella Antique Beige Solid; **rose throw pillow,** "Northwoods Floral" (Red), Ralph Lauren Classics Collection; **floor screen fabric,** "Aaron" (Straw); **window treatments: base fabric,** "Voile" (Ivory); **trim fabric,** "Lisbon Lace" (Cafe au Lait)—Calico Corners; 800/213-6366. **Wall coverings,** "Suede" (Straw) and "Alchemy" (Greige)—Innovations; 800/227-8053. **All other items shown**—antique, discontinued, or a personal belonging.

STATEMENT KITCHENS

Pages 104–107: cabinetry—Cabinets by Nichols Inc., P.O. Box 545, Bargersville, IN 46106; 317/422-5188. **Paint** (custom green)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Faucet**—Harrington Brass Works Ltd., Inc., 7 Pearl Ct., Allendale, NJ 07401; 201/818-1300. **Dishwasher**—KitchenAid, 2000 M-63, N, Benton Harbor, MI 49022; 800/422-1230. **French doors**—Norco Windows, Inc., P.O. Box 140, Hawkins, WI 54530-0140; 800/826-6793. **Ceiling fan**—Hunter Fan Co., 2500 Frisco Ave., Memphis, TN 38114; 800/971-3267.

Pages 108–109: windows, "Architectural Series"—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Cabinetry**—Quality Custom Cabinetry, 125 Peters Rd., New Holland, PA 17557; 800/909-6006. **Sink and faucet**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Microwave oven,** "Spacemaker"—GE Appliances, GE Answer Center; 800/626-2000. **Range**—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930; 601/455-1200. **Dishwasher**—ASKO, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081-1805; 800/367-2444. **Ceramic floor tile,** Marca Corona—Century Tile; 630/889-0800; Italian Tile Center; 212/980-1500. **Table and chairs**—Marshall Field's, 111 N. State St., Chicago, IL 60602; 312/781-1000. **Lighting**—Arroyo CraftsmanLighting, Inc., 4509 Little John St., Baldwin Park, CA 91706; 818/960-9411.

Page 110: runner—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461.

GOOD THINGS IN SMALL PACKAGES

Pages 114–115: cobalt blue plate—Izabel Lam Int'l. Inc., 204-207 Van Dyke St., Brooklyn, NY 11231; 718/797-3983.

Page 117 (*top*): green plate with charcoal edge—Expecting to Fly, 3095 Kerner Blvd., Suite M, San Rafael, CA 94901; 415/453-6527. **(*Bottom*): yellow scalloped plate**—Annieglass, P.O. Box 2610, Watsonville, CA 95077; 800/347-6133.

Page 119: purple plate—Jamie Townsend Ceramics, 4624 Doleres Ave., Oakland, CA 94602; 510/649-5825.

Page 120: pistachio and lavender plate, "Tete a Tete"—Nazak Design, Inc., through Aventura in New York City; 212/769-2510.

PRIZE TESTED RECIPES

Page 137 (*right*): plate, "Countryware"—Wedgwood, 1330 Campus Pkwy., Wall, NJ 07719; 908/938-5800.

Architects & Designers

FAMILY ROOMS

Pages 89–93: architect—Jim Gavin, 1775 Hancock St., San Diego, CA 92110; 619/298-8344. **Interior designer**—Jacoi Mann; 619/223-1121. **General contractor**—Louis Beacham Construction, Inc., 405 Via Del Norte, La Jolla, CA 92037; 619/454-2999. **Carpenter**—David Reid, 4715 Murat Pl., San Diego, CA 92117; 619/274-8942.

Pages 94–95: interior designer—Eugenia Jesberg, 16 Miller, Ste. 200, Mill Valley, CA 94941; 415/383-8333

Pages 96–100: interior design—Joe Ruggiero & Assoc.; www.ruggieroideas.com.

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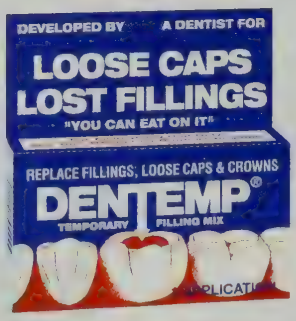
Pages 104–107: architectural designer—David Webster, David Webster Assoc., 254 W. 25th St., New York, NY 10001; 212/924-8932.

Pages 108–110: architect—Rick Gilmore, ARA, Gilmore Architects, 319 Meier St., Dundee, IL 60118; 847/428-2455. **Kitchen designer**—Dave McFadden, Past Basket, 310 Campbell St., Geneva, IL 60134; 630/208-1011; and 765 Woodlake Rd., Kohler, WI 53044; 414/459-9976.

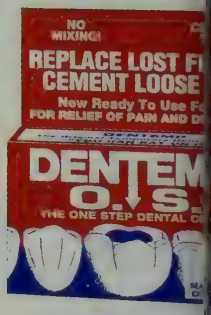
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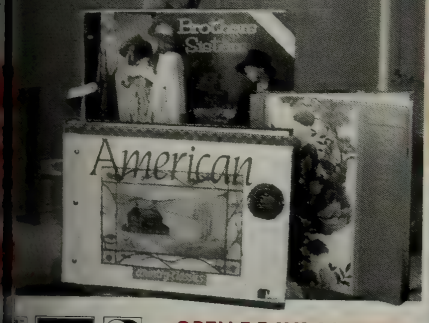
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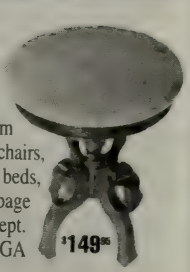
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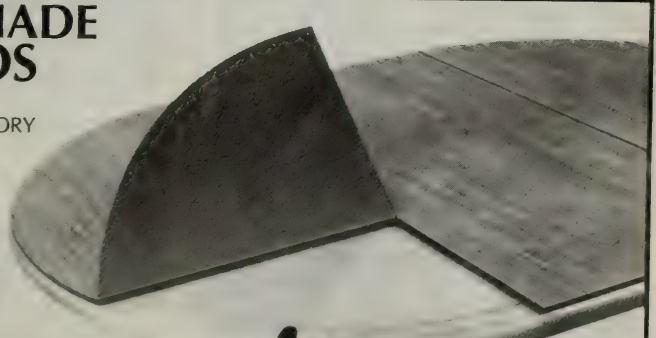
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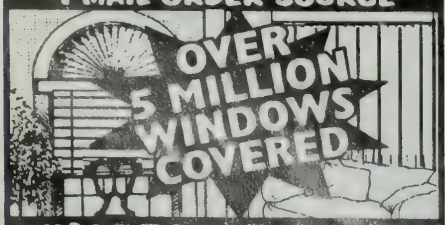
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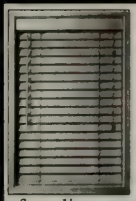
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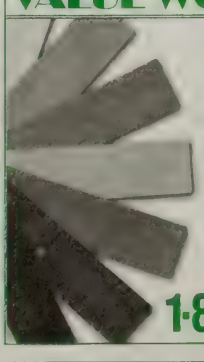
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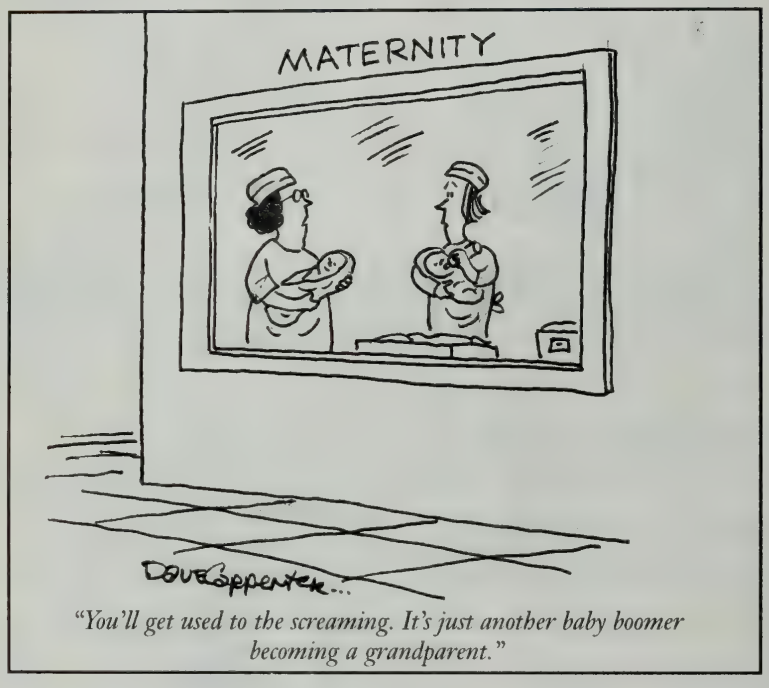


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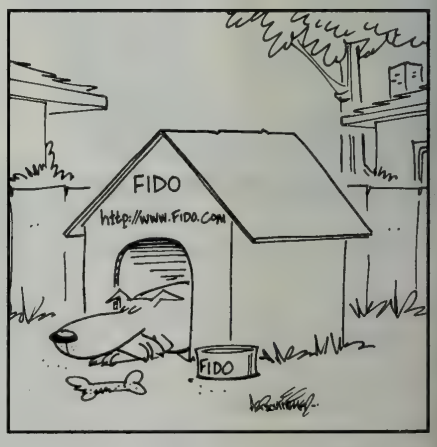
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JANUARY 1998



"You'll get used to the screaming. It's just another baby boomer becoming a grandparent."



The guilty conscience, says the Rev. George Hall, was the original early warning system.

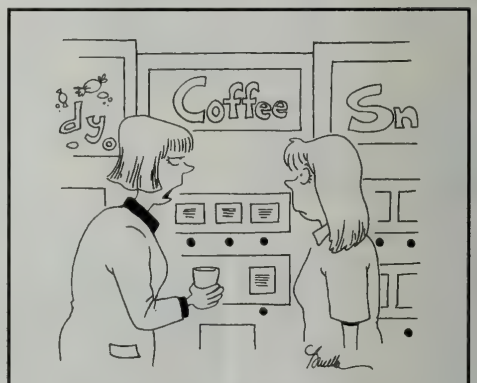
Grandma Hillis likes to quote the old saw, "Money makes the mare go." Then she adds her own: "But it's love that brings her home."

Religious preferences used to be a dating consideration when Chris and I were growing up, but our Rosemary says some friends at college are more interested in finding out if their computers are compatible.

Before opening his hardware store, Dale Goebel thought the only certainties in life were death and taxes. Now he adds a third one—"you can never stock too many snow shovels."

Lee Bayless has been complaining that his aging car is losing its zip, but his mechanic Chris Lawson waves him off with a grin. "It's really just another case of a four-cylinder car being ramrodded by a six-cylinder driver."

Dr. Bob Hannelly says pharmaceutical companies must be from another planet if they think a kid who can log on to a computer can't figure out how to get the lid off an aspirin bottle.

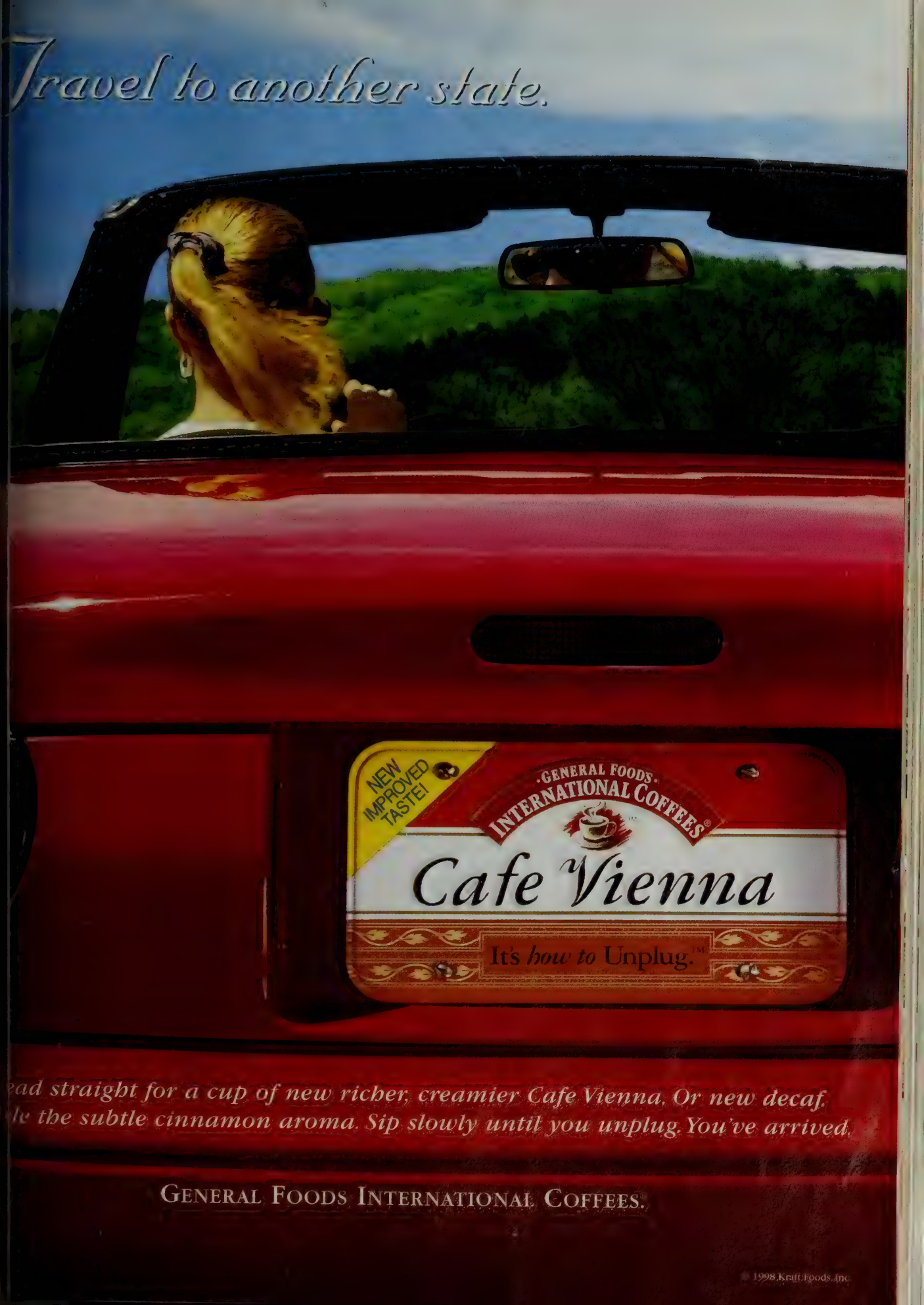


"I'm on a new diet where I can eat anything I want, as long as I do it naked in front of a mirror."

Retired engineer Ken Jones has high expectatio for his new "bionic" knee. Besides enhancing his mobili he says future archaeologists will be able to locate l body with a metal detector.

Isabel Norman recently discovered that all the ch psychology books she's faithfully followed all these ye were guaranteed to be effective only until the childr became teenagers.

Burton Hillis


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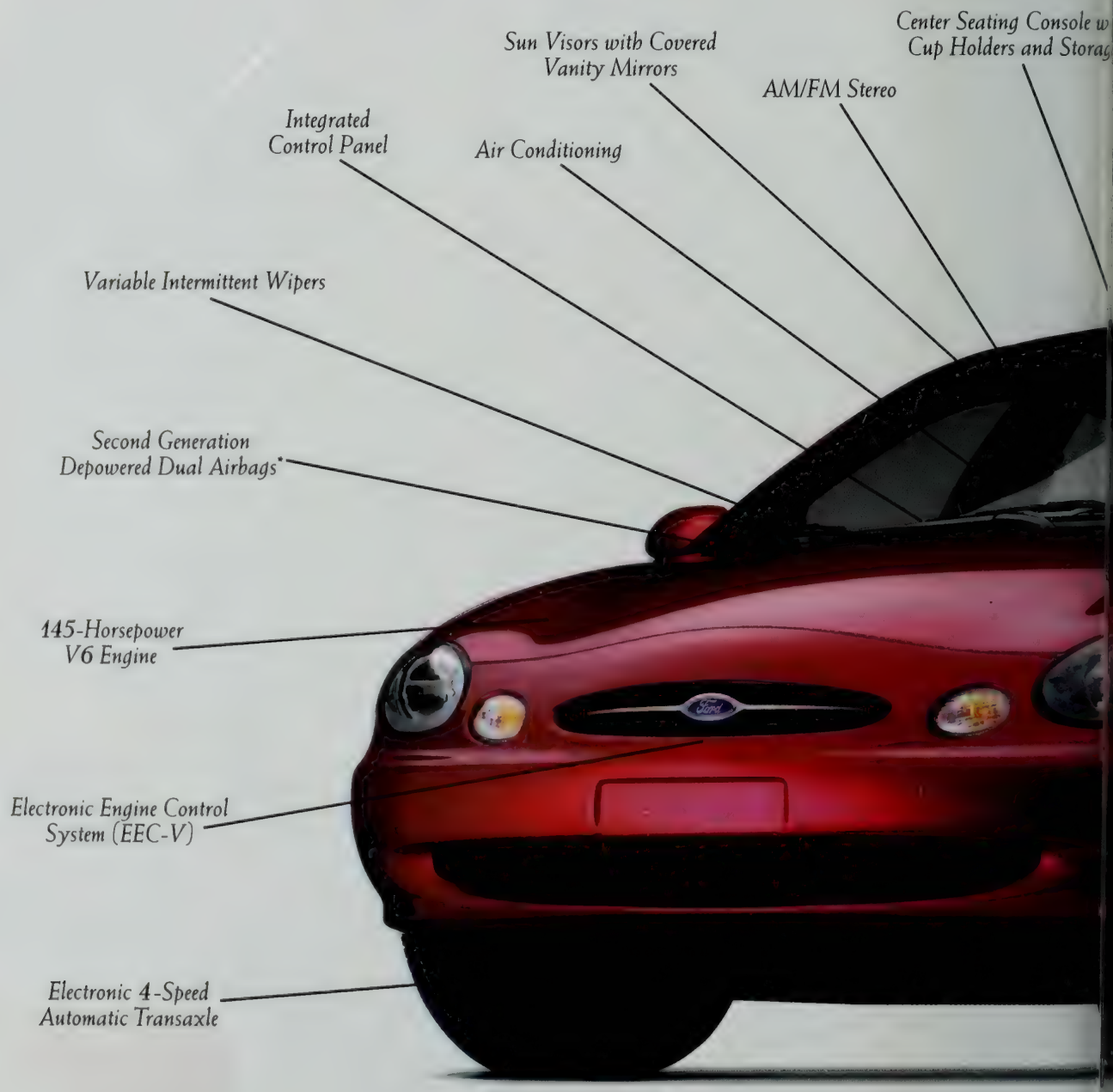
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ANDY LYONS

My life might be filled with a lot more accomplishments if I didn't go off on compulsive bursts of curiosity that send me to the bookshelves for hours of information gathering. And, I admit, woolgathering. The latest trek into trivia came as I was writing this column.

February. Valentine's Day. Love. What did martyred saints (*three* Saints Valentine to be exact) have to do with heart-shaped cookies and sending cards to loved ones? After sifting through stacks of books, reading conflicting and confusing theories that sometimes rivaled a Keystone Cops comedy, I settled on these bits of information: February 14 is, indeed, the saint's day of the martyred Valentines. And, according to a belief prevalent in the Middle Ages, February 14 was the day the birds began to mate. Aha! At last the love angle!

No matter how Valentine's Day began, it's become a beautiful time to express our feelings to the people we love. My most precious valentine (*below*) was made for me by my daughter when she was in nursery school. And, even now, I feel a warm glow looking at it. At the time Becky made it, she had no way of knowing she was creating a lifetime memory. But then, none of us knows when we write a note, make a gift, or serve someone's favorite meal that we may be touching a heart and making a memory. That's love! Happy Valentine's Day.



Jean LemMon

Jean LemMon, *Editor in Chief*



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READERS' SOLUTIONS

'Good Boy Game' Solves Behavior Problem

My son's behavior at nursery school was becoming a problem. My solution was a board game I created called the "good boy game." At one end, I drew our house, and at the other end, a toy store, with a long, winding path connecting the two. After each good day, he moved his piece closer to the toy store (two spaces for eating his vegetables, three for no negative notes from teacher). Naughty behavior resulted in backward movements, such as two spaces back for hitting. Once he reached the toy store, we went out to buy a small toy. His behavior improved remarkably.

Kim L. Ovaitte
Morris Plains, N.J.

Accomplish Tasks with Distraction

If you have a difficult time putting shoes on your toddler, try slipping the shoes on when the child is in the high chair eating. Trim fingernails or brush hair during a favorite movie. Distraction techniques make life easier for you and your child.

Karmen Valverde
Tulsa, Okla.

Creative Bedtime Ritual Acclaimed a Success

Bedtime at our home was never a problem, because we—by accident—hit upon a fun bedtime ritual. Either my husband or I would slip into the children's bedroom just before bedtime to arrange a few of their toys and stuffed animals on the bed; we'd make them appear to be doing something. They might be propped in silly acrobatic positions. Sometimes they were wearing the kid's clothes. The kids always hurried to bed to see what the toys were up to.

Mary Hackett
Flushing, Mich.

Entertaining Visits With Grandma

The first time my husband and I visited his elderly grandmother, she barely spoke. I began to plan interactive visits to stimulate her mentally and make our visits more enjoyable for her. We played Irish music for St. Patrick's Day, dyed Easter eggs, carved pumpkins, and made cookies for Christmas. Once, I had her tell me stories about her family photos. She was delighted by our visits!

Maura Muller
Paola, Kan.

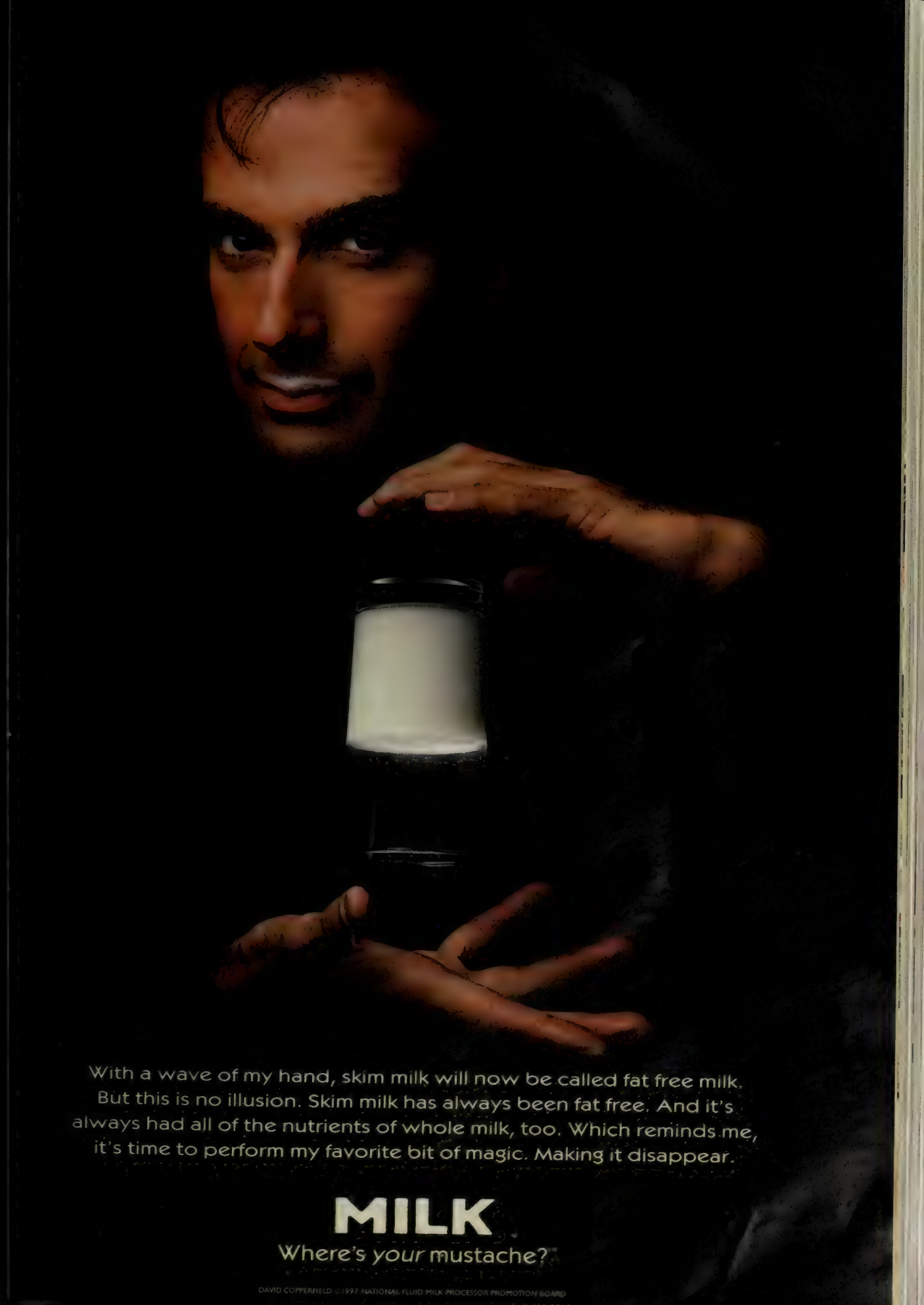
Watch Out! Mom's In Her 'Grumpy Robe'

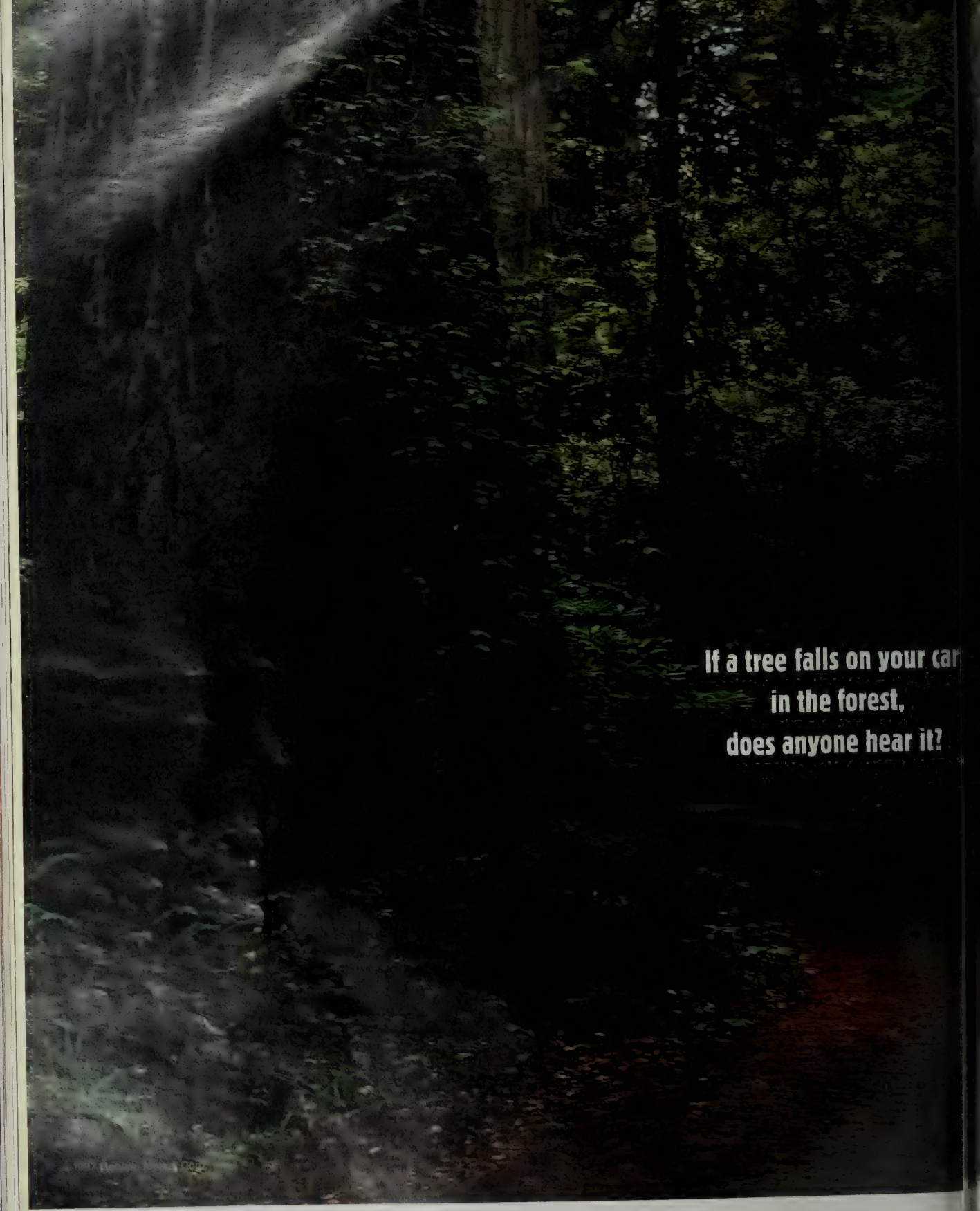
As a marriage and family therapist, I once counseled a mother who said she was often grumpy because she needed more time alone but didn't know how to convey her need to her family. I suggested she pick out a comfortable piece of clothing to wear whenever she needed some time for herself. She told her family the special meaning of this garment and they tried to leave her alone when she wore it. Gradually, she wore her 'grumpy robe' less and less.

Christy Lemon
Kent, Wash.

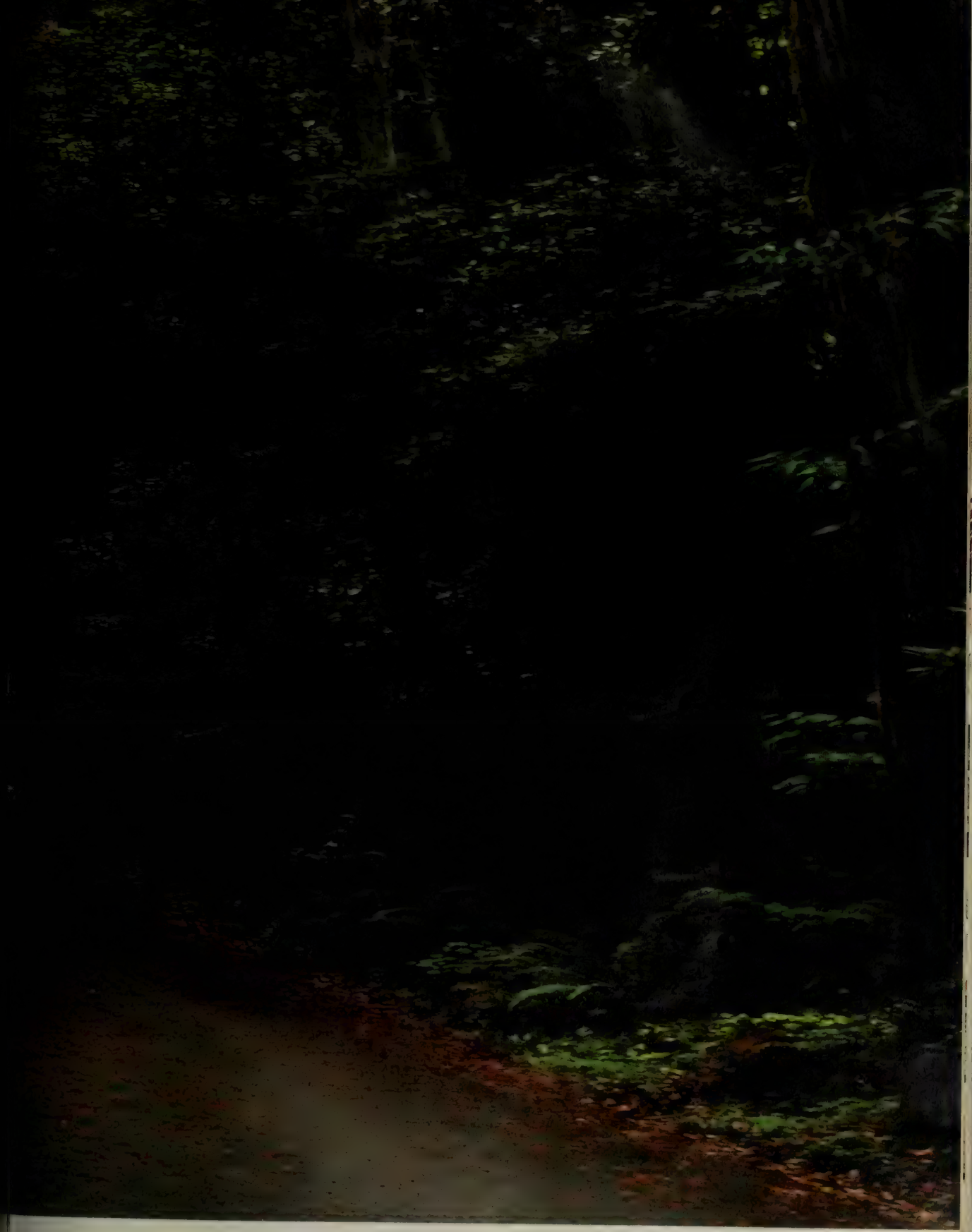
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With a wave of my hand, skim milk will now be called fat free milk.
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High-Impact Art

by Rebecca Jerdee

Go to the head of the bed with art that really makes the grade. Posters, prints, and even wallpaper pack a visual wallop and give a room personality when they're used to highlight—or replace—a headboard. Here, blue-sky wallpaper and a beachy-keen border create the perfect backdrop for sailing off to sleep.



1. A mural wallpaper and border set the tone for the whole room, so choose wisely. The cool colors and peaceful images of this pattern work well for a cottage-style bedroom stocked with seashells, straw hats, and off-the-porch furnishings.

2. Plan your design so the bottom of the border aligns with the mattress top. Hang the wallpaper first, then position the border, making sure both are level with the floor.

3. Framing the border with stock molding from the lumberyard gives it even greater impact and keeps the eye just where it should be, at bed level. Choose a narrow molding that will provide definition but not overwhelm the border graphics.



4. Predrill holes and paint the stock molding, then nail it over the top and bottom seams of the wallpaper border. Fill the nail holes with wood putty, then dab on paint to cover the putty.

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continued on page 20

Art galleries have employed this secret for years: Mats as wide as—or wider than—the prints themselves give small images great importance. Hung in a series, they resemble a movie film being unfurled frame by frame.



1. Start with an odd number of images (centering is easier with odd numbers), then mat and frame them identically. Same-sized images will give your grouping a formal feeling. But you also may use images that are slightly different in size.

2. Neutral mat colors work best because they don't compete with the art. Aim for a mat that's roughly three times as wide and four times as high as the art itself. Position the art slightly above center for design balance.

3. Center one frame over the bed. Then hang the subsequent pictures, spacing them evenly. Hint: If your wallpaper has grids or stripes, use them as a guide.



4. Use a level and a ruler to make sure prints hung in a series are even. Mark the top center of the middle frame, then mark the point where the hanger goes into the wall. Mark spots for subsequent frames in a similar manner. Stick poster adhesive behind lower frame corners to keep them from shifting.

continued on page

When I bite into a York Peppermint Pattie I get the sensation I'm mischievously making snow angels on my neighbor's lawn...flapping my limbs through a cool blanket of innocent fluff...with each brisk twist a heavenly shape is born... until the yard looks like an angelic theme park...I feel like such a little devil.

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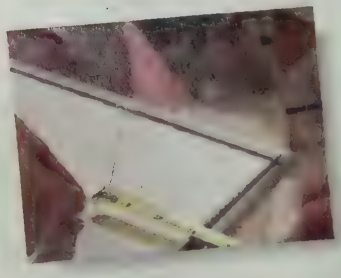
A pair of posters adds color, pattern, and impact to a skimpy headboard. Hung side-by-side with no space in between, the prints fit perfectly above the headboard and visually extend its vertical and horizontal lines.



1. Because there's power in numbers, a pair of prints can become the room's focal point. Let them bask in this glory by keeping everything else subtle and neutral. Here, pale striped wallpaper accents rather than competes with the art.

2. To better coordinate posters or prints, choose items that have something in common—color, image, or theme, for example. Choosing two works by the same artist often makes mixing and matching easier.

3. To hang pictures so they become part of the headboard, leave only a few inches between the bottom of the frames and the top of the headboard. Snuggled between the bedposts, the pictures meld with the bed.



4. On the back of the frame, measure from the frame top to the hanging wire. Adjust for this measurement when marking the hanging point on the wall, and insert the picture hook there.

continued on page



If we can still close the suitcase, we're not done packing.

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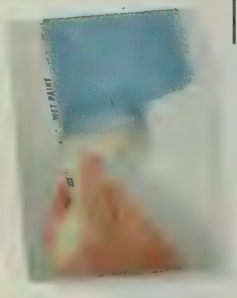
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Block off a wall with a ribbon of color bordered with its own painted-on frame. A wide swath of blue banded by green gives a bright poster an additional mat and frame—and gives the room a much-needed shot of color.

1. A poster this big is too tall and narrow to hang over a headboard. Placing it bedside is the perfect solution. But remember, picture-hanging rules apply to bedroom art, too: Keep the top of the frame at about standing eye level.

2. Placing the art to the side also appears to ad width to the bed and fill more wall space than it actually does. To balance the arrangement, add more apparent weight to the poster by "framing it with a stripe of darker wall color.

3. The color block should be a few inches wider than the poster. For greater definition, choose a color that complements but doesn't match the art. Pick a second color for accent and paint a narrow stripe dividing the wall blocks.

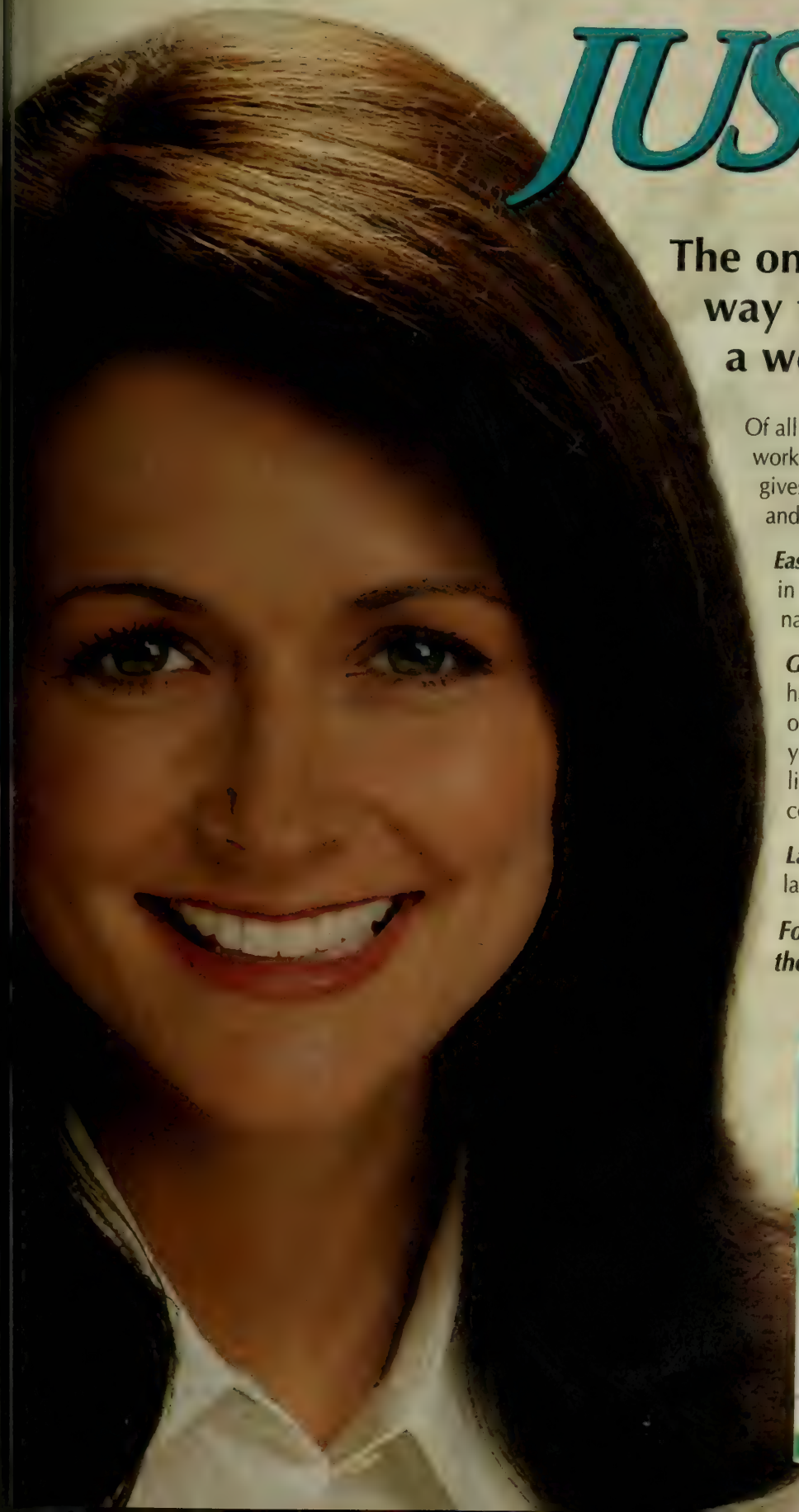


4. To get crisp, straight lines for color blocking, lightly mark your dimensions on the wall. Place low-tack painter's tape along the pencil line, then run along the edge with a credit card to seal. Paint, slightly overlapping the tape.

continued on page 2

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One impressive piece of oversized art can take the place of a headboard. Since the cost of framing is often expensive, make your own using lumberyard molding. Then screw it directly to the wall to hold it in place.



1. Pick the molding the same way you'd choose a ready-made frame, matching the color, weight, and style of the frame to the art and the room. If lumberyard selections are limited, check do-it-yourself framing stores for more choices.

2. A poster used as a headboard should hang low to marry the bed and art. The sides of the mat are about one-third the poster width. The top and bottom of the mat are narrower than the sides, with the bottom slightly wider than the top.



3. Cut the molding to fit the poster and mat, mitering the corners. Assemble the frame. To keep the frame in place and make sure it won't get jostled while you're reading or making the bed, mount it right to the wall.

4. Drill through the frame and into the wall, screwing the frame securely in place. Be sure to countersink the screws and touch up the holes with matching wood putty so your art won't have a hotel look.

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BEFORE



Bay windows and French doors helped transform the stable into a light-filled guesthouse (*left*). Linda Casey, a former high school principal (*below*, third from right), got building trades students to help with the remodeling. Sheridan Moore, their teacher (*below*, seated), led the construction team.



rounding up more room

Once a working stable, the downtrodden shed behind Bill and Linda Casey's Arizona home wasn't even fit for horses anymore: The corrals were bent and broken, the doors dilapidated, and the water troughs had sprung leaks. But the Caseys had a plan. They enlisted the aid of some hardworking high school students and turned the old barn into a charming one-bedroom guest cottage. The couple's space-saving techniques and clever decorating tactics can help you transform any small space into one that lives large.

by Claudia Franklin and Rebecca Jerdee

continued on page 32



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rounding up more room

Despite its shabby condition, the stable had one thing going for it: a lovely country setting. To enjoy the view without consuming any extra floor space, Linda bumped out a bay window and tucked a comfortable window seat into it. Rather than block the window with fussy treatments, she hung simple shades and a ruffled valance. Pillow and upholstery fabrics in soft butter and rose tones make the most of the soft desert light; cream-colored walls give the room a sense of spaciousness.





Primitive patio furnishings like the painted bench (*above*) echo the structure's humble origins. The bench functions as a hand seat or a perch for potted flowers.

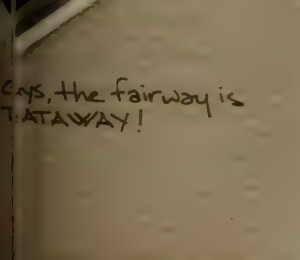
The living room's bay window (*left*) serves several purposes: letting in more light, expanding the interior space, and breaking up the flat exterior. New French doors ease the transition to the outdoors.

continued on page 34









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rounding up more room

To extend a warm welcome, Linda envisioned a style that's both comfortable and practical. Easygoing, cottage-style furnishings were a natural choice. She even worked in a compact kitchen for quick snacks and coffee to ensure that guests feel right at home. Maybe too at home. The cottage's first occupants were her parents. "To see them, we had to go down to the guesthouse because they were just planted there," she says. "They loved it."

continued on page 36

An efficient kitchen space tucked along one wall provides the conveniences of home. Cabinets and appliances blend with the living room's furnishings.



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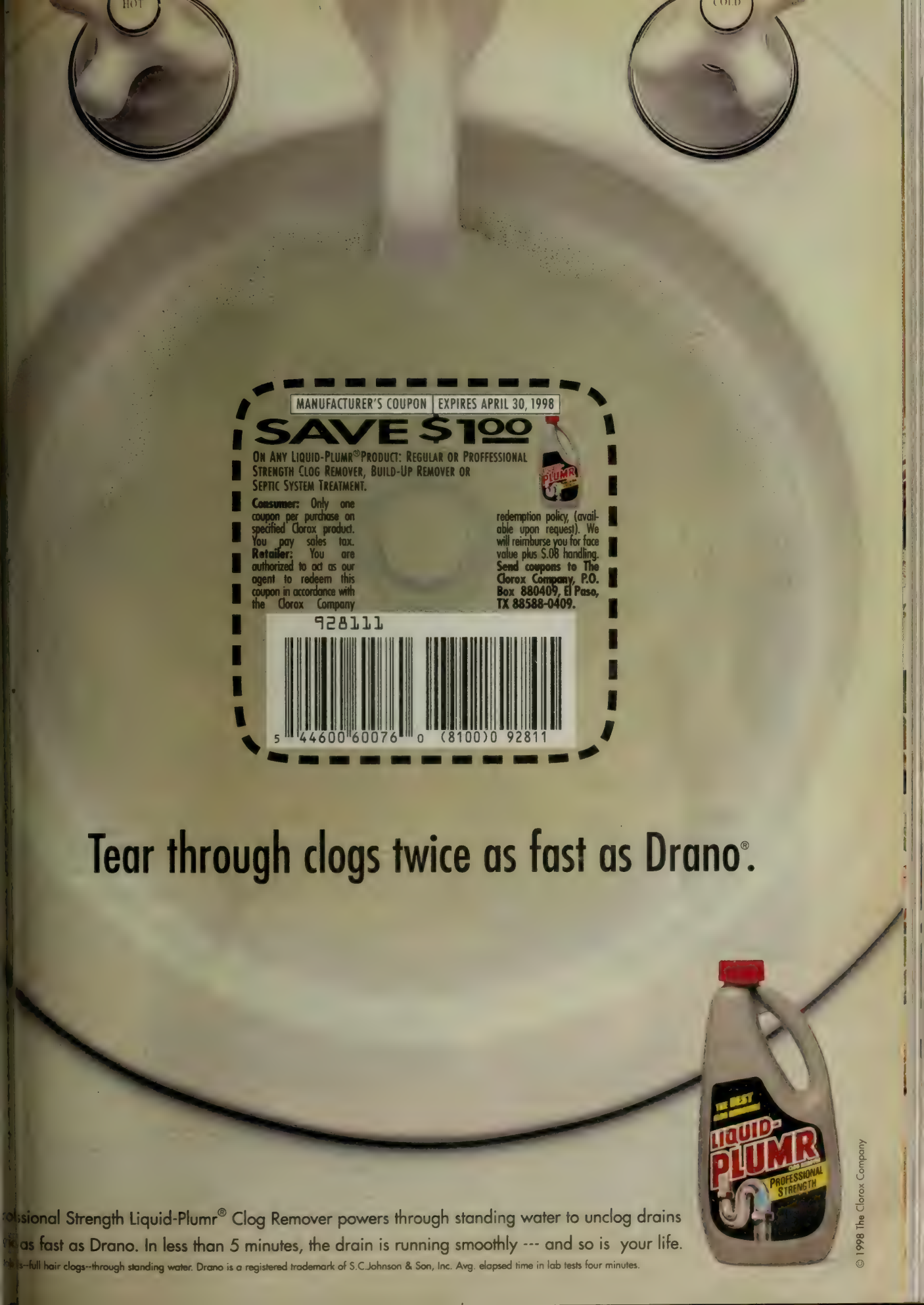
Keeping color and pattern to a minimum is one way to reduce visual clutter in a small room. Here, the fleur-de-lis design on the pillows is repeated in exaggerated fashion on the hand-painted duvet cover. A simple sunburst design embellishes the rungs of a ladder-back chair.



The bedroom proves that, even in small spaces, you don't have to sacrifice style and comfort. Linda searched to find the scroll-like metal headboard that gives the bed focal-point impact. The headboard's open design and white-painted finish don't overwhelm the room the way a heavy dark headboard of the same size would. Hung on either side, a pair of graceful sconces free up space on the bedside tables. Building a chest of drawers into the bay window (*left*) is another space-saving feature. Even the tile top serves a purpose—displaying porcelain and flowers.

rounding up more room

Buying information page 9


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Sneaky Storage Spaces



A Basket Cas
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by Catherine Kramer

It's a common complaint: No matter how much storage you have, it's never enough. The good news is, today's manufacturers are getting the message and are building storage into some pretty sneaky places.



continued on page 40



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Sneaky Storage Spaces

continued from page 38



Hidden Underfoot

Sure, it's a comfy place to prop your feet or even set a snack tray. But there's more to this bun-foot ottoman than meets the eye. A lift of the lid reveals storage suitable for everything from pillows and blankets to magazines and books. And here's the best part: This piece is flexible enough to be used almost anywhere—in the family room, living room, bedroom, or home office.



Secret Compartment

By definition, a chest typically provides plenty of storage. But this piece takes the concept one step further. Instead of wasting the space occupied by the apron, this unit has a slim, hidden drawer. It's the perfect place to stow small treasures, such as family photos or jewelry.



Peekaboo Vanity

The skirt on this curvaceous vanity table hides more than a shapely pair of legs. The skirt swings open to reveal a storage drawer, a great out-of-the-way place for makeup, toiletries—even a secret diary.

Buying information, page 96

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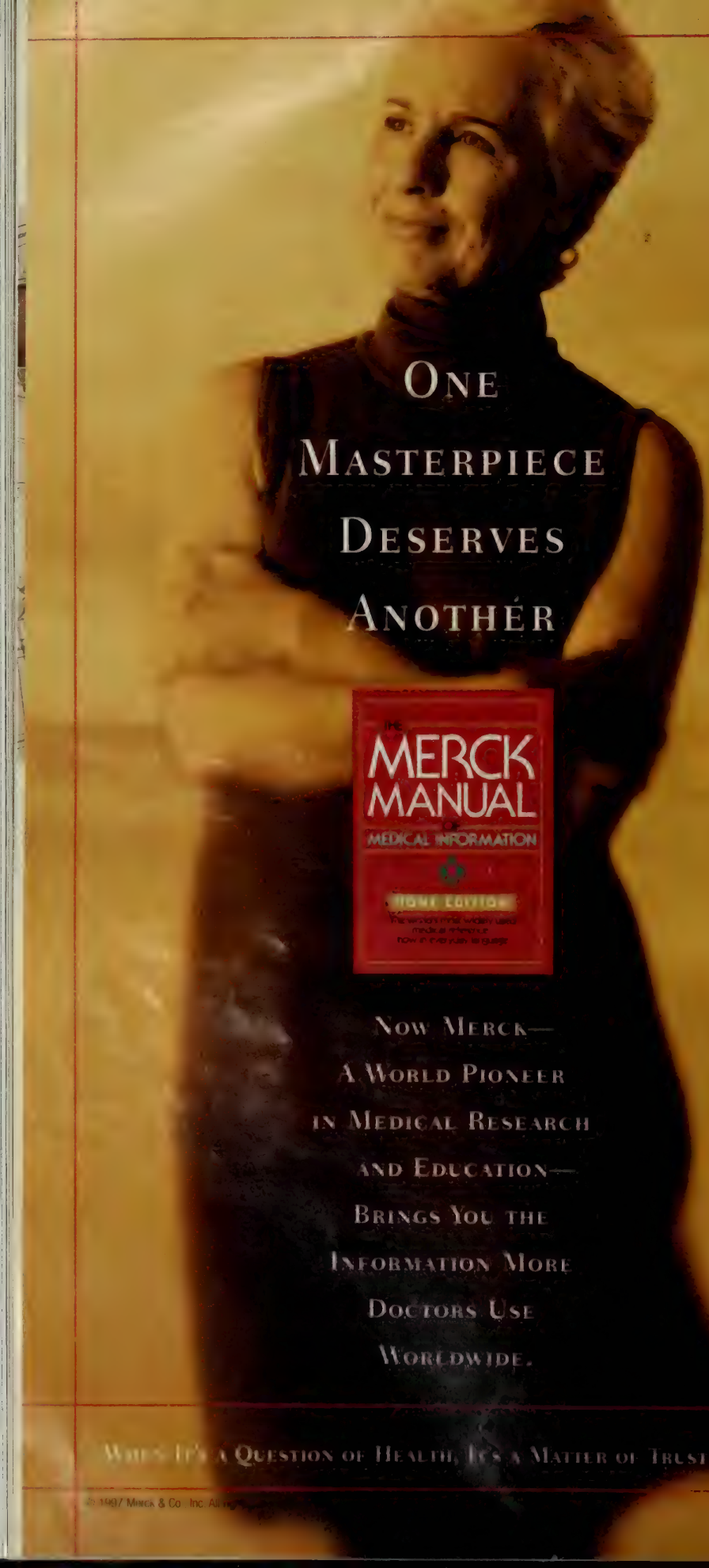
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structural home improvements. Awards for Class Class B–medium, and Class C–small projects.)

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(Solely cosmetic changes to your home's interior. Awards for First, Second and Third Place projects.)

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ory I – Remodeling

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are classed by the scope of the effort.)

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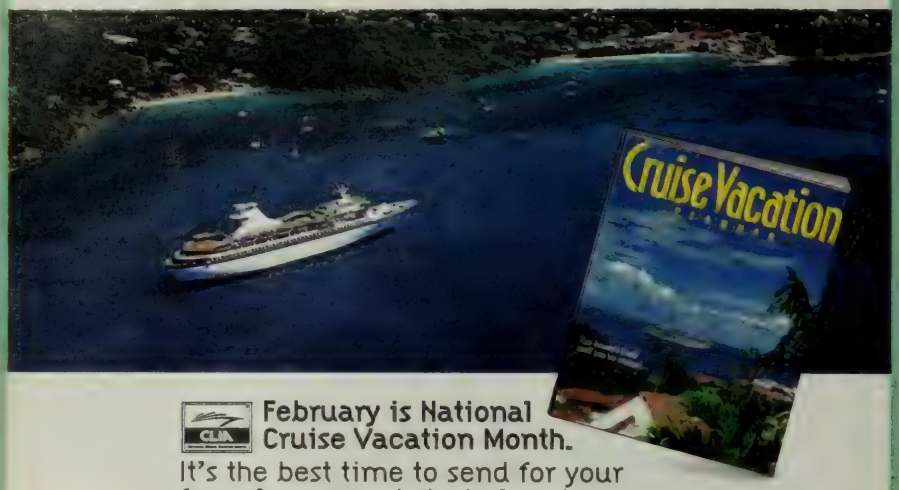
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This shade is wrapped in a brigh checked wall covering. For fun, it edged with a scissors-cut scallop an topped with tassels and braid.

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Self-adhesive lampshades come i many sizes and can be purchased a fabric stores. To cover, first remov the peel-off protective wrapper. Thi is your pattern. Trace the patter onto the wrong side of your coverin and add 1 inch all around. (To scallo the lower edge, you'll need to ad 1½ inches.) Cut out the pattern Trim the lower edge in 1½-inch-tal scallops evenly spaced around th shade. Then carefully hand-press th paper to the shade. (Do not use wall paper paste.) At the back seam, tur under raw edges and secure wit fabric glue or hot glue. Turn the to edge to the inside of the lampshad and glue. Add trims and tassels.

Fontana™

by Broyhill®

love this furniture!

ve coming in at the end of the day, closing the door on all hassle, collapsing into comfort. I love the way the light ys across the washed pine finish. I love the mix of all ural fabrics, awesome stripes and flowers so fresh they're t out of my backyard. This is my home, my hideaway. is is Fontana, for real. And I love it.



with four contrasting pillows, $899-999*; Loveseat, $849-949*; Chair, $400-449*; re Cocktail Table, $275; Commode End Table, $220; Sofa Table, $300, and tainment Armoire, $1070.

holstery pieces available in other fabrics. Prices may vary with fabric and style.

What else do I love about my Fontana?



Lingerie Chest, $405

*My bedroom is my piece of paradise. The Lingerie Chest, $405, must have been made for me with six just-the-right-size drawers for all my silks and satins. And the Triple Dresser, $685, with Mirror, $260, has tons of space for Bob's stuff. (Even the nine hundred pairs of running shorts!) We use the Blanket Chest, $450, for linens and the baby's special keepsakes; we'll give it to her one day. And then there's our Panel Bed, $280**. What a great look! The headboard is almost majestic — we were hooked by the floral overlay — and we specially liked the antique, washed pine finish that sets off the panels and knobs.*

*Also shown, Night Stand, $235; **Queen bed shown. Twin, Full, King and California King available! Matching rails also available.*



I love this Broyhill room. The Chair-and-a-Half, $649-699, is a stress-stopping recliner — so cozy we bought the reclining Sofa, $899-999*, too. The smart-wear cotton twill fabric feels like lush velvet, and the accent welting is just the right touch. I love the bun feet, turned legs on the tables and all the home entertainment options. Now organizing is easy, even for Bob. We have tapes and videos tucked away in the smaller sized Side-by-Side Entertainment Center, $955 (left). We may shift it to our bedroom and buy the Broyhill Home Theater (below). It has everything: pocket doors, inside lighting, glass shelves. . . and it'll hold tons of CDs and cassettes, up to four VCR or laser disc players. You can even switch out the speaker grilles with wood panels. We may never leave the house again. Do I love my Fontana home? You know I do.*

Also shown at left: Corner Unit, $295; Rectangular Cocktail Table, $265; Square Lamp Table, $230.



$685



Chair-and-a-Half Recliner, $649-$699



Center Entertainment Unit, $1405; Left or Right Facing Audio Unit, $675 each.



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Look In The Drawer
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Most weekends the whole neighborhood gathers in our great room — the perfect space for having fun and getting just about anything done. The Kitchen Island, $1015, is a handy space saver and, when Bob's dishing out his special Greek-style pizza, there's plenty of room around the Farm Table, $620. I keep all our paper work stashed in my Home Office Armoire, $1630. (Check out the printer tray and adjustable shelves!) The China, $1465, shows off Bob's pottery collection with lots of hidden storage below.

Also shown: Ladderback Side Chair, $150, and Arm Chair, $175, each; Curio Clock, $440.

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Whenever My Ex-Husband Dates This One Skinny Blonde, I Have A Secret Trick I Play On Him

By Sharon Louise Brodie, R.N., M.S.N.

I began writing this at a very low point in my life.

First, my husband left me like a thief in the ght. I had been at nurses' training classes un- 11:30 P. M. When I returned home, there was note on the kitchen counter saying he was rry but "... the fire has died." How original!

Anyway, he took most of my personal belong- gs including my furniture, my share of our vings account — even the sheets off our bed.

And, no matter what his note said, I know e real reason he left. It was because I was erweight. Very overweight. I was 5'7" and ighed 210 pounds at the time. You'd think a rse could do something about her weight. t I couldn't.

I spent $399.95 on a home gym. I tried upuncture. I tried hypnotism. I'd tried teen different diets and failed at all of them.

Let me tell you something. In my humble inion diets *don't work!* Period. I tried most every popular diet you could think of. e problem wasn't losing the weight. It was eping it off once you lost it.

I just couldn't go through life starving self. Or taking dangerous pills. Or drinking se chalky-tasting "shakes" every day.

I became nervous. Irritable. And hungry. ways hungry. So any little thing triggered anger. I was a bear. Or another "B" word.

Finally I'd binge. It was always the same. buy a box of chocolate filled donuts — ually a dozen. The real good kind. Then I'd ve around in my car with the donuts next me on the front seat, eating and listening to cket 105.

It was my mother who finally talked me into ting real help. She made an appointment for with our family doctor.

He took my history, listened to my plaints about diets and then recommended rogram that was completely different from thing I'd ever seen before.

This wasn't a "diet." It was totally different. tarted the program on May 17th. Within first four days, I only lost three pounds. I was disappointed. But during the three eks that followed, my weight began to drop. gularly. Within the next 196 days, I went n 202 to 129 pounds. This may not seem like t. But, to me, it was a miracle. This was the t time in my life I'd ever been able to lose ght — *and keep it off!*

Here, at last, was a program I could *live* with. Why? Because I was allowed to eat. Three delicious meals. Plus several snacks. Every day. Seven days a week.

So I wasn't hungry. I wasn't irritable. I wasn't bingeing on donuts.

But, I was *losing weight!*

I know what you're wondering. How can a person eat so much and still lose weight?

The secret is not in the *amount* of food you eat. It's in the *prescribed combination* of specific foods you eat during each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates and certain proteins that generate a calorie-burning process which continues all day long.

But the heart of the program is what researchers call The Thermic Effect. In laymen's terms it means that the Clinic-30 Program *extends* your metabolism so calories are burned more consistently. Not just in unhealthy "spurts" like many diets. That's why it allows you to lose weight without feeling hungry. Without feeling irritable. Without feeling bored with all those "shakes" and bland meals.

The Clinic-30 Program is marvelously different!

You'll enjoy meat, chicken, fish, vegetables, potatoes, pasta, soups, baked goods, sauces — plus great-tasting snacks. Lots of snacks.

You'll also enjoy the variety.

There are literally hundreds of selections and combinations to choose from. Some are gourmet meals. Others just soup and sandwiches.

Here are some other features —

- There are no special foods to buy.
- There are no pills. No powders. No artificial food. No drugs. No strange or "herbal" foods.
- You don't count calories. You don't keep diaries. Simply stick with the program. It's easy-to-follow. Everything is explained on a day-by-day basis.

Why haven't you heard about the Clinic-30 Program on TV? Or in newspapers?

The original program, developed by Dr. J.T. Cooper, M.D., was given to senior medical school students, interns and doctors who were taking in-service training in family practice. So it's doctor-tested. But until it was published by Green Tree Press, Inc., it was *only available* to doctors. No one else. And it's still *only* available directly through the doctor's publisher, Green Tree Press.

Here are a few comments from people who purchased the Doctors' Clinic-30 Program ...

Kitty R. wrote to say she lost 56 pounds and went from a size 18 to a size 10 dress.

"The Clinic-30 Program works! I'm an example. What I like best is that I can eat six times a day and lose weight! I recommended it to a couple of friends and they started losing weight, too!"

Anne G., High Point, NC loves wearing a size 10!

"I lost 25 lbs. in two months. I talk about it so much that others in my workplace have bought their own programs."

Whenever I see my ex-husband, Mark, and his girlfriend, I have this secret trick I play on him. I know the restaurant where the two of them go with several other couples. I love to go there with a date — I have plenty now — stroll past his table and softly whisper, "Hello, Mark."

I know through the "grapevine" that they all keep asking him about me ... Am I still single? ... Does he still care about me? ... Are we seeing each other again? And, each time he has to explain ... I love it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation.* In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check.* No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 244, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

Do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Because everyone's results will vary. And be sure to see him periodically if you intend to take off large amounts of weight.

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Learning Styles at Home

by Allison Berryhill

My 12-year-old daughter packs her suitcase for camp, checking off a week's inventory of T-shirts and bug repellent with the precision of a tax accountant.

Across the hall, her brother also packs, or piles, as the case may be. He consults no list. His plan is general: get packed. He contemplates the week ahead and stuffs accordingly. "Have they ever had a tornado at camp?" he asks, scrunching a rain poncho into his suitcase.

His question jars me, partly because I'd forgotten to worry about tornadoes, but mostly because it rivets my attention to my children's learning styles—how their minds click. To my son, a raincoat is useful not as an item to check off a list (as it is to his sister), but by its utility in the big picture: tornadoes.

Understanding learning styles leads to child's success

Learning styles describe the various ways people gather as well as process information. What feels right and makes sense to one learner can seem slipshod—or nitpicky—to another. In other words, some of us pack, some of us pile. Each of us has propensity for looking, listening, or touching: some read the instructions for Monopoly, others ask to hear the rules explained, still others get the dice rolling and learn as they play. Furthermore, we each have our own chipper times of day, favorite chairs to sit in, and other environmental factors that help us concentrate c feel energized.

Classroom teachers note learning styles to determin how students will likely find success: Working in group or alone? Following step-by-step instructions or open ended assignments? Reading a chapter, talking it over, c experimenting hands-on? Parents, likewise, can use learn ing styles at home to discover what makes their childre tick. Recognizing learning styles can help parents under stand their children's individuality, and help kids succee in completing household and homework routines.

How does your child gather information?

About 65 percent of us are "visual" learners who gathe information best by looking, reading, and watchin Visual learners may tune out spoken directions and favo illustrated explanations or charts. They "see" ideas in th mind's eye, remembering visual details from place they've visited.

"Auditory" learners are the listeners (and the talkers Cynthia Tobias, author of *The Way They Learn*, explain that this 30 percent of the population may need to repe instructions, even silently, to mentally "hear" informatio as they commit it to memory. They learn well b

continued on page 4


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analytic (those individual who pack) and global (thos individuals who pile).

Analytic learners examine infor mation by breaking it down bit-by-b and arranging logically. My daughter tidy suitcase shows her bent for order and sequence, a does her penchant for lists and punctuality.

As an analytic learner, she's happiest when her lif marches forward predictably, when she can follow plan, know the rules. Analytic learners are able to se the trees through the forest, which helps keep ther (and those around them) rooted and productive.

Global learners, on the other hand, may miss a fe trees, but they know a good forest when they see on They organize by clustering information into whole with broad, sweeping strokes. My son's global outloo surfaces in how he packs: his focus drawn to the large ideas underpinning details.

Global thinkers can appear disorganized because their impatience with minutiae and their willingness t jump between ideas in random ways. They'll ben rules—including schedules and deadlines—to fit wh they see as a greater purpose.

Such spontaneity can at times lead to gallopin creativity or, at other times, unbridled chaos.

Learning Styles at Home

continued from page 46

discussing ideas. Easily distracted by noises, auditory learners often like background music to muffle interrupting sounds.

"Kinesthetic" learners gather meaning through touch and movement. All young children depend heavily on this strength, which is why it's so hard to walk through an art gallery with a small child who wants to "see" by touching. About 5 percent of the population holds onto this style throughout their adult lives, continuing to learn best through physical interaction.

We are not limited to a single way of learning, and can "flex," but working outside one's preferred style for extended periods can be stressful, experts warn.

Parents can watch for visual, auditory, or kinesthetic strengths while observing children at play. As your child examines something new, does she move in closer and scrutinize it visually? Carry on dialog with stuffed animals? Prefer sitting on the floor or moving frequently?

How does your child process information?

Besides visual, auditory, or kinesthetic strength, people lean toward one of two styles for processing information:

defender.



People who follow a balanced diet that includes five or more servings of fruits and vegetables each day may lower their risk of developing some cancers. Just one six-ounc glass of Welch's Purple Grape Juice counts one serving of fruit.

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Individualize your instructions

BANANA

The following ideas show how different approaches can be customized to each child's learning style.

For visual learners: When giving instructions, draw a chart. Try colored folders and baskets to help them organize visually. Tired of repeating yourself? Use post-it notes, or write notes and tuck them in plastic eggs.

For auditory learners: Make up a ditty as a way of giving instructions. Ask them to restate instructions aloud. In the car, auditory kids like word games as a way of passing time.

For kinesthetic learners: To get them started on a cleaning chore, hand them the broom. Hang a basketball hoop above the clothes hamper for your kinesthetic kid. For sequential reinforcement, touch each finger of a child's hand as you break a job into steps: 1) Skip to the bathroom. 2) Find your toothbrush. 3) Brush your teeth. 4) Rinse your mouth. 5) Run back for a kiss.

Allow your child freedom within parameters, suggests Cynthia Tobias. Ask yourself, "What do I need to accomplish?" State your guidelines. For example, "Pick up all the Legos by noon." The child may decide to scoop them up, or to pick up the entire pile piece by piece with pliers. Either way, the job's done (so relax).

MMMMF

What's the best setting?

A third dimension of learning style is environmental preferences, including time of day, lighting, and setting. Some children need frequent breaks, others can't tolerate interruptions. he may like supervision, and another will cringe you peek over his shoulder.

Anita Ferdenzi, a learning-styles specialist from hitestone, New York, would like her son to do his mework right after school. But his energy is ghest after dinner. Given the choice between standg sentinel as her son pokes along through his oks at 4 p.m. or postponing study time until er dinner, Anita prefers the latter. By adjusting her son's style, Anita says, "I'm spared the stration and negative energy that plague parents a routine basis."

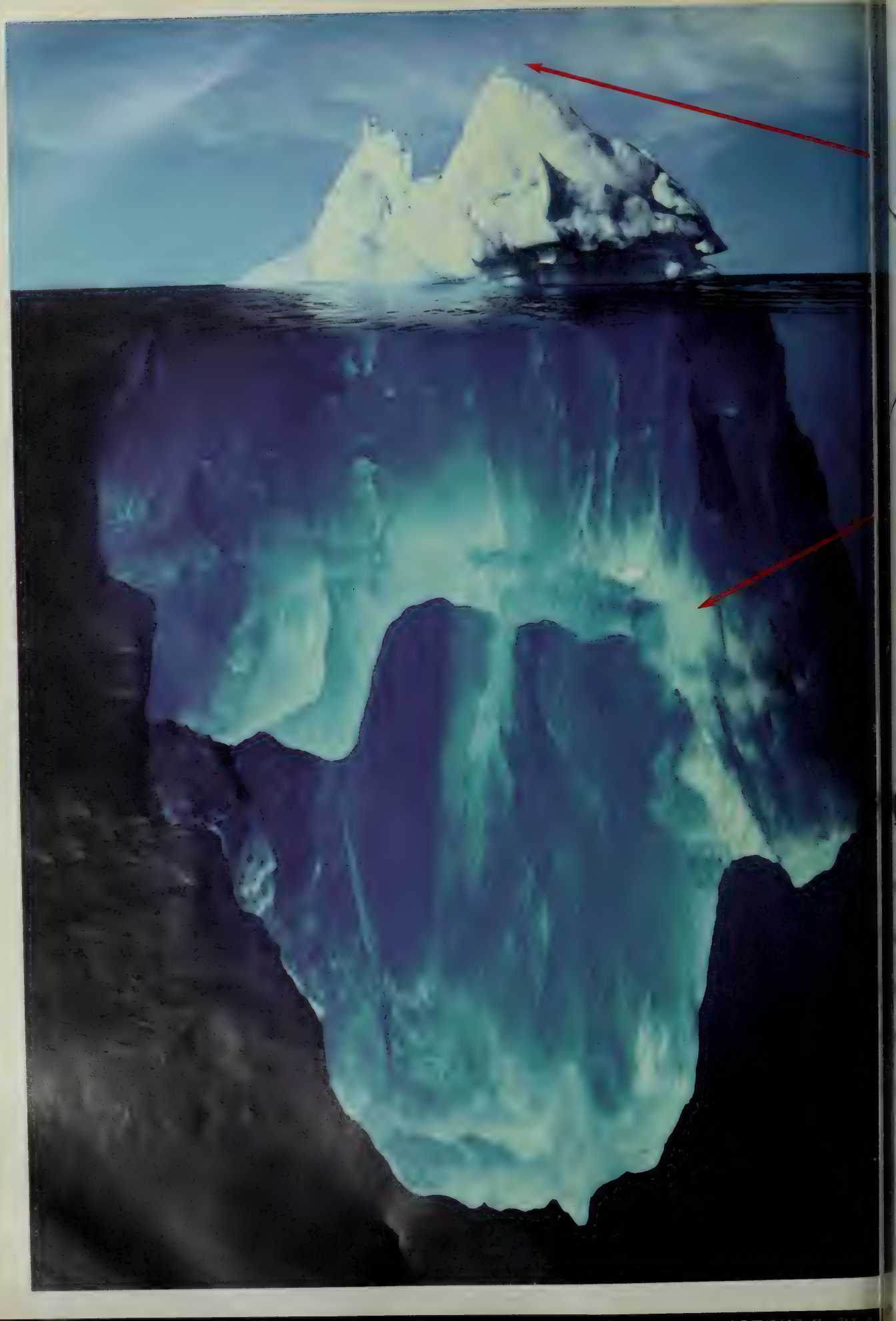
Watch for conditions under which your children d success. When are they most cheerful? Are your ldren more responsive with the lights dimmed? they work better with a snack to nibble on? In ge or small groups? Ask them to describe how they rn best; experiment to discover what works.

and tasty, too.



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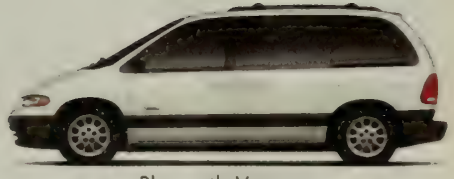
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The New Face of Cosmetic Surgery

Aging boomers spend big to shed their wrinkles



by Nick Gallo

"See how weary I looked," says Kathleen Klotz, sitting at a Seattle restaurant pointing to a photo of herself. It shows a pretty woman with tired eyes and deep lines on her forehead. Her brow sags.

"People would say, 'You look tired.' Or, they'd ask, 'What's wrong?'" Kathleen says. "The comments started to bother me. I was about to turn 50 and didn't need that. So, I gave myself a birthday present."

She had a facelift, along with eyelid surgery to remove the bags under her eyes. A year later, she had a brow lift to erase deep frown lines. "I'm amazed," she says. "I look happier and rested. I'm an active person with a lot of energy, and that's the image I want to project."

If you're part of the baby-boom generation, you might relate to Kathleen. A decade ago, you wouldn't have dreamed of cosmetic surgery. It's much too vain and expensive, an indulgence only for movie stars and wealthy matrons.

Yet boomers are a big part of the surge in cosmetic surgery. In 1996, plastic surgeons performed almost 700,000 procedures, a 68 percent jump from 1992, says the American Society of Plastic and Reconstructive Surgeons (ASPRS).

People age 35 to 50 make up one-third of the patients. A growing number have incomes under $50,000, and the regard cosmet surgery as part of strategy to look healthy, says D Ronald Iverson, immediate pa president of ASPRS. "These a people who spend a lot of effo going to the gym and watchin their diet," he says. "They don want tired faces."

The embrace of cosmetic surge arrives at a time when surgeons a ready with new procedures ar refined techniques that promise be ter results, fewer complicatio and faster recovery.

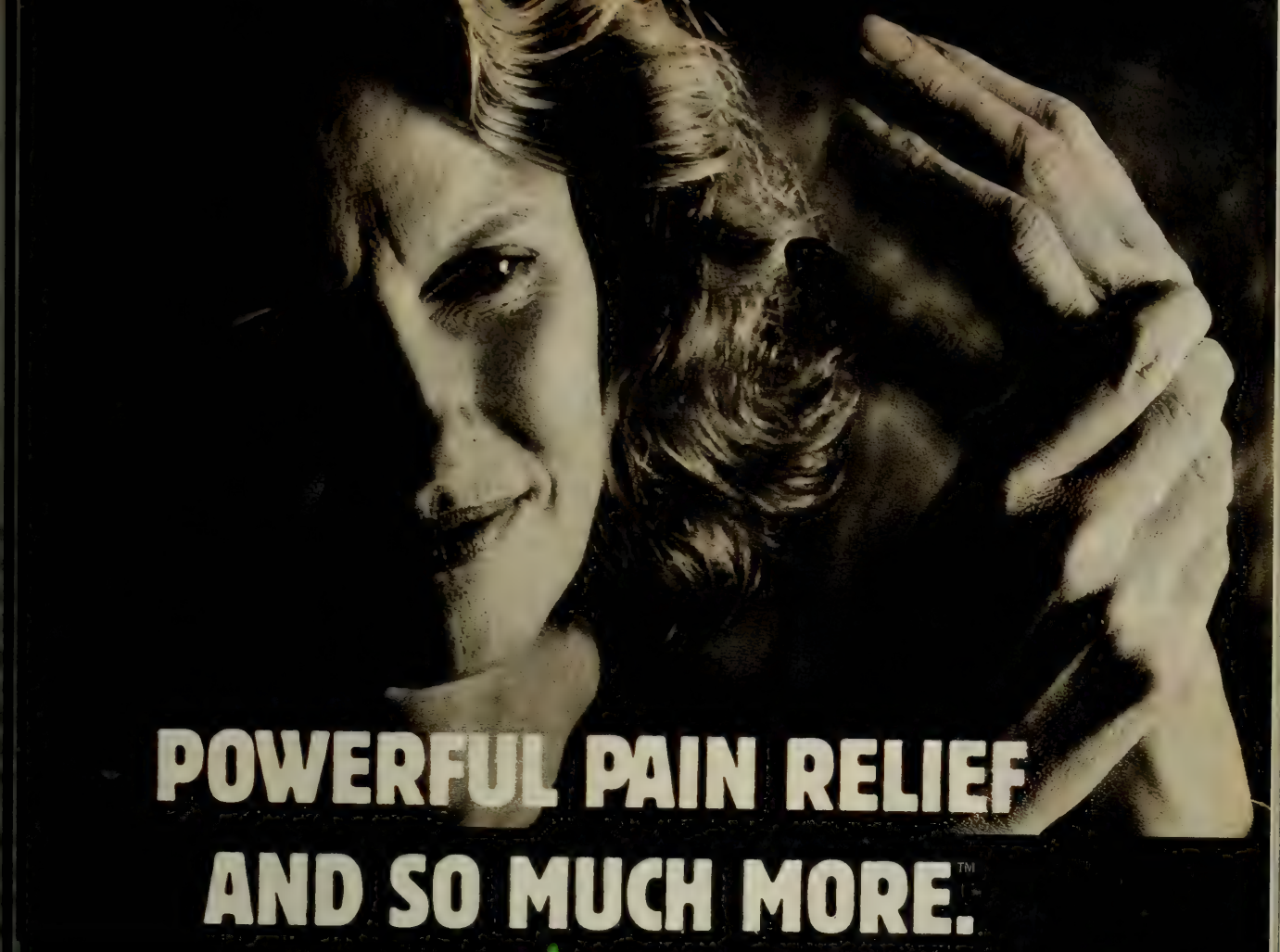
"Most 45-year-olds don't ne a facelift," says D A. Jay Burns, Dallas plastic su geon. "They m have wrinkles, su damage, and son sagging. They c benefit from rejuv nation rather thar big makeover."

This doesn't me that cosmetic surgery has gotten easy as a trip to the hair salon. carries risks, it's not cheap, a recovery can be arduous. The de sion to go ahead deserves caref consideration and research.

Laser resurfacing. One of t newest and most popular procedur takes aim at the bane of most ba boomers: leathery, sun-damaged sk and wrinkles.

Laser resurfacing uses a carb

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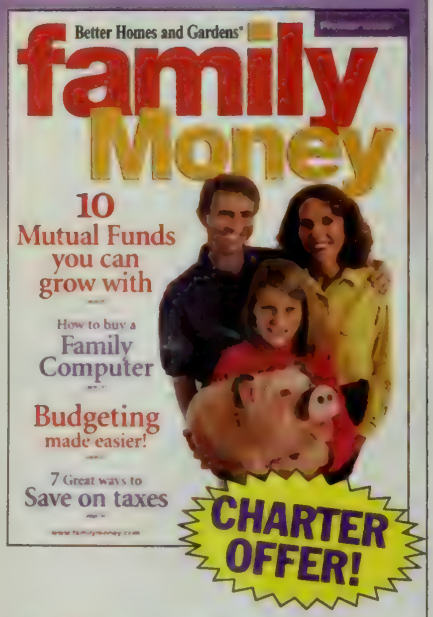
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Cosmetic Surgery

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dioxide laser to vaporize top skin layers, allowing new, firmer, smoother skin to emerge. The laser's extremely high-energy light triggers the growth of collagen, tightening tissue moderately as it smooths out bothersome crow's-feet, "smoker's lines," and light brown age spots.

The laser, also used to zap unwanted body hair and acne scars, is a major advance in the war against wrinkles, says Dr. Burns. Its precise, controlled light beam allows surgeons to target specific areas of the face—usually around the eyes and mouth—or treat an entire face.

"It doesn't replace a facelift because it doesn't dramatically reverse sagging, but its effect on skin surface is sometimes unbelievable," he says. "I've seen leathery, crinkly skin turn smooth as a baby's bottom."

Laser treatment has largely supplanted two other methods to treat wrinkles: chemical peels, which skim off skin layers with a caustic acid solution, and dermabrasion, a sandpaperlike method that scrapes off skin. These options can have serious side effects, including bleeding, bleached-out skin, or scarring, Dr. Burns says. Lasers can cause scars if a surgeon tries to erase deep wrinkles too aggressively, but the risk is only about 1 percent, according to a recent study.

Laser resurfacing, however, has a big drawback: prolonged recovery time. Following treatment, patients develop swelling and a bright red face, sometimes accompanied by oozing, crusting, or scabbing. The worst of the redness, similar to a bad sunburn, typically lasts two weeks.

While it is rarely painful, mos patients retreat from work and socia activities for about two weeks, a which point makeup can be applie to conceal much of the redness. Still patients can stay pink for one to fou months. Some people, especiall men, often find this kind of down time unpalatable.



"I looked like a red-eyed raccoon for three months."

"I hated the recovery, says a 56-year-ol woman from Shake Heights, Ohio, who ha laser treatment aroun her eyes a year ago. " looked like a red-eye raccoon for thre months. But the resul were fantastic. Eve when I'm tired, I sti look good."

Lasers also can caus dark patches of disco oration on skin, a com mon side effect amon dark-skinned people, say Dr. James Stuzin, a pla tic surgeon in Miami.

Experienced surgeo prevent or lessen som pigment problems b preconditioning ski prior to treatment wit bleaching creams an Retin-A, a lotion used t reduce fine lines. A sim lar regimen after trea ment also helps regulate skin color

Some surgeons are also exper menting with a new laser called th "erbium: YAG." Touted in beau magazines, it produces immedia results with less redness to a patien face, thus hastening recovery tim But most experts doubt the resul will last long. "The long-term resul have not been determined with th erbium: YAG laser," says Dr. Stuzi

The "endo" brow lift. Last ye Nancy Leverette, a 50-year-o woman from Laguna Hil California, asked a plastic surge there for a facelift. "He said I did need one," she says. "My proble

continued on page

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Cosmetic Surgery

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was that I scowled. I'm a happy person, but I had these deep vertical lines between my brows."

Instead, she underwent an endoscopic brow lift, a new, minimal-incision technique. Surgeons use an endoscope, a narrow instrument hooked up to a video monitor, and do the entire operation through a handful of tiny slits near the scalp line.

Small incisions translate to quick recovery—patients are back to work within a week—and fewer side effects: less hair loss, less nerve damage, and smaller scars. The scars are so minimal that balding men can have the surgery, says Dr. Robert Bernard, a plastic surgeon in White Plains, New York. "Most people don't recognize how much the upper third part of the face contributes to appearance," he says.



Until recently, Nancy would have had to undergo a standard forehead lift to get the results she wanted. With a forehead lift—done to soften frown lines and lift brows—a doctor makes an ear-to-ear incision across the scalp, then portions of underlying muscle are removed and repositioned. Most of the time, the results are good, though misjudgments by a surgeon can produce asymmetrical brows or an alarmed, "seated-on-a-tack" expression. Patients who get forehead lifts often complain about heavy scars that peek out of the hairline, temporary hair loss, and scalp numbness for a year or longer.

Nancy is pleased. "The lines are gone. My hairline is raised a little, which took me a while to get used to, but I'm very happy," she says.

There is one reason for caution. The procedure has been used for less than five years, and no one knows how long results will last. Your face continues to age as you get older. The best estimate is five to 10 years.

Eyelid surgery. This technique also has a 1990s update: Surgeons make incisions in the upper lid to tease out fat which has caused a hooded look. Through tiny cuts in the lower lid, they remove fat that causes bags and puffiness. Today, lower lid surgery is often done from inside the lid, leaving no visible scars. Many surgeons also add laser resurfacing to the lower lid to tighten the skin.

Eyelid surgery is often considered one of the most effective ways to turn back the clock because, if done correctly, it can dramatically take years off a person's face. But it doesn't always provide ideal results.

Studies suggest that 15 to 20 percent of patients have "scleral show"—the lower lid is pulled down too low, exposing too much white of the eyes. Also, the benefits of

Choosing a Surgeon

Selecting a surgeon is the most important step in any cosmetic surgery. Financial pressures from HMO's and managed care are driving more and more physicians into the lucrative cosmetic surgery business.

"There are doctors who set up shop after taking a weekend course," says Dr. Ronald Iverson, president of the American Society of Plastic and Reconstructive Surgeons (ASPRS). "They learn how to handle the instruments, but they don't have the core knowledge to deal with routine problems."

Any licensed doctor can claim to be a cosmetic surgeon and use lasers, perform a liposuction, or do a procedure. The most qualified physicians are plastic surgeons certified by the American Board of Plastic Surgery. Board-certified dermatologists, otolaryngologists, and ophthalmologists also are well qualified to do certain procedures, but not necessarily all of them. Call the American Board of Medical Specialties (800/776-2378) to determine if a doctor is board certified and in which specialty.

Other suggestions:

- Call professional organizations. The ASPRS (800/635-0635) will provide you with a list of five board-certified plastic surgeons in your area. The American Society for Dermatologic Surgery (800/441-2737) also relays names of members.
- Check out a doctor's reputation. Ask your family doctor, health care professionals, and friends for recommendations. Make sure your surgeon has hospital privileges even if your procedure will be performed in an office. Hospital privileges ensure that the surgeon has been evaluated by a quality-assurance committee.
- Interview several surgeons. Ask questions about experience and training. Surgeons say they're often not comfortable using new technologies, such as the laser and endoscope, until they've used them at least a dozen times. Also, find a surgeon who performs the procedure frequently, not just occasionally.
- Ask for an explanation. Discuss expected results, possible risks, and the recovery period. Your surgeon should welcome questions and give specific, thorough answers. Ask to see before and after photos of other patients, and get phone numbers of former patients and call them.
- Check on accreditation. Any procedures done at a surgeon's office should be approved by the American Association of Ambulatory Surgery Facilities (847/949-6058).
- Finally, review recommendations, fees, and your comfort level. Choose a surgeon with whom you feel comfortable. Stay away if you are ever pressured to have additional procedures that you really don't want. Be wary if your surgeon seems overzealous about the newest technology.

continued on page

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Please read this summary carefully, and then ask your doctor about PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

PRILOSEC®* *(OMEPRAZOLE)* ***Delayed-Release Capsules***

BRIEF SUMMARY

CLINICAL PHARMACOLOGY *Pharmacokinetics and Metabolism:* Omeprazole – In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance of healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE *Duodenal Ulcer:* PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD): Symptomatic GERD –*** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis).

CONTRAINDICATIONS *Omeprazole:* PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic. Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been post-marketing reports of drug interactions when clarithromycin and/or erythromycin are co-administered with cisapride, pimozide, or terfenadine resulting in cardiac arrhythmias (QT prolongation, ventricular tachycardia, ventricular fibrillation, and torsades de pointes) most likely due to inhibition of hepatic metabolism of these drugs by erythromycin and clarithromycin. Fatalities have been reported. (Please refer to full prescribing information for clarithromycin before prescribing.)

WARNING: *Clarithromycin:* CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)

PRECAUTIONS *General:* Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:* Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been reports of an interaction between erythromycin and astemizole resulting in QT prolongation and torsades de pointes. Concomitant administration of erythromycin and astemizole is contraindicated. Because clarithromycin is also metabolized by cytochrome P450, concomitant administration of clarithromycin with astemizole is not recommended. (See also CONTRAINDICATIONS, *Clarithromycin,* above. Please refer to full prescribing information for clarithromycin before prescribing.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. in addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:* Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n
Headache	6.9 (2.4)	6.3	7.7 (2.
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.
Vomiting	1.5 (0.4)	4.7	1.5 (0.
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been r… international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omepra…

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo
Body as a Whole, site unspecified	Abdominal pain	5.2	3.
	Asthenia	1.3	0.
Digestive System	Constipation	1.5	0.
	Diarrhea	3.7	2.
	Flatulence	2.7	5.
	Nausea	4.0	6.
	Vomiting	3.2	10.
	Acid regurgitation	1.9	3.
Nervous System/Psychiatric	Headache	2.9	2.

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or internationa… occurring since the drug was marketed, are shown below within each body system. In many instances, the r… to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdomina… *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, periphe… *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal c… mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps … noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastr… carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. The… believed to be a manifestation of the underlying condition, which is known to be associated with such tumor… Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptida… phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hep… cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encep… *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalg… weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, … hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormaliti… paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, case… generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syn… erythema multiforme (some severe); skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hy… *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), … infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuri… pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombo… neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination The… Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse … peculiar to this drug combination have been observed. Adverse experiences that have occurred have bee… those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed i… clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from thos… described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), phary… and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert … REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 32… mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included … drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symp… transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosag… Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage … should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION *Duodenal Ulcer:* Short-Term Treatment of Active Duodenal Ulcer: … mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients … an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14:	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 m…

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for … regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General,* PRECAUTIONS: *Geriat…* PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a da… weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer.*) ***Gastroesophageal Reflux Disease (GERD):*** … mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is … for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis … panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Main… Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hyp… Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with t… patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to indiv… needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been admini… dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessar… with renal impairment, hepatic dysfunction or for the elderly.

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February 1997 PRC-40/3/97

NOTE: This summary provides important information about PRILOSEC. If you … more information, ask your doctor or pharmacist to let you read the professional la… then discuss it with them.

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Cosmetic Surgery

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removing fat from beneath the eyes may boomerang years later when a person naturally loses fat during old age, causing a gaunt look, says Dr. Sam Hamra, a Dallas plastic surgeon. "With lower-lid surgery, it's a little iffy what you'll end up with in the long run," he says.

Facelifts. Facelifts counter the effects of gravity—the sagging jowls, double chins, and turkey wattles that plague people in their 50s. During the conventional full facelift, surgeons make long incisions around the ears and in the hairline to remove fat, tighten underlying muscles, and snip away slack skin.

But a facelift is extensive surgery, requiring a long, sometimes painful recovery. Patients often feel numbness for many months.

Some patients are now getting similar benefits without the extensive cutting. When a patient's skin still is resilient, surgeons may try a "mini-lift," elevating the cheeks through incisions in the lower eyelid or with a brow-to-ear incision. In other cases, surgeons erase a double chin and loose skin on the neck by combining liposuction with muscle-tightening in the neck, then adding a chin implant.

"We're customizing facelifts today," says Dr. Phillip Haeck, a Seattle plastic surgeon. "Instead of offering one operation for every patient, we're looking at different techniques to fit each patient's needs."

Liposuction. Unless your name is Twiggy, you've probably fantasized about having liposuction to remove your love handles, saddlebags, or spare tire. Introduced in the early 1980s, the procedure is now one of the more popular procedures, thanks to two major advances.

Liposuction is a technique in which a surgeon makes incisions and extracts fat through a narrow surgical tube attached to a suction pump. Originally, the tubes were as wide as a thumb and used only for the torso and thighs. Now, surgical tubes are as thin as pencil lead, allowing surgeons to remove fat from all over the body, even in delicate areas under the chin and neck.

Today's surgeons also use the tumescent technique.

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How Much Does It Cost?

Usually, insurance doesn't cover cosmetic surgery unless it serves a functional purpose, such as a nose job to remedy a deviated septum or other breathing problems.

Here is an estimate of costs, based on a 1996 survey of plastic surgeons. Fees range according to region and patient needs. You'll pay more if you choose a "superstar" surgeon in a major city.

Facelift: $5,000–$10,000
Eyelid surgery (upper and lower): $3,000–$4,000
Brow lift: $3,500–$4,500
Laser resurfacing (full face): $3,500–$4,500
Liposuction: $4,000 and up

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Cosmetic Surgery

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Saline fluid containing dilute amounts of anesthetic and a blood constrictor is injected into the fat prior to suction. This technique lessens pain and bruising—now usually a few days versus a few weeks previously. It also significantly reduces bleeding. Most procedures are done in a doctor's office without general anesthesia.



Some doctors are adding ultrasound to liposuction. The high-frequency sound waves liquefy fat beneath the skin before it is suctioned out. This makes it easier to extract fat, lessening bruising and pain. It also allows more fat to be extracted at one time. But it can cause burns and have other complications. Tissue may get overheated at the entry site. Its chief use is to tackle difficult areas, such as tough muscle tissue in a man's chest, upper stomach, or back.

One thing that hasn't changed is that liposuction is not a treatment for obesity, says Dr. Gerald H. Pitman, a New York City plastic surgeon. The procedure can be risky if doctors try to remove too many pounds of flab, he says. Patients risk losing too much blood if too much fat is removed. Liposuction is more properly categorized as a body-contouring technique, a way to wipe out stubborn bulges of fat that resist diet and exercise.

Dianne Welch, 51, of Carrollton, Texas, jogged more than 20 miles a week and followed a low-calorie diet, but couldn't shake off a thick midsection. After liposuction, she dropped two dress sizes. "I definitely lost weight, but I was more excited about reshaping my body," she says.

The best liposuction candidates are those close to normal weight who have taut, resilient skin that shrinks into place following fat removal, says Dr. Pitman. As people reach the mid-50s, they often lack firm skin. They still may benefit from liposuction but also require a skin-tightening procedure—a thigh lift or tummy tuck—to trim excess skin afterward.

Liposuction does not cure cellulite, the lumpy, dimpling skin on the backs of thighs. But it appears to remove fat cells permanently. When weight is regained, fat is deposited elsewhere in the body, says Dr. Pitman.

Complications are rare, but can include damage to nerves and blood vessels, leading to numbness, bleeding, or infection. Several deaths have been associated with liposuction, but studies are scarce since there is no central clearinghouse collecting information. The incidents seem to be isolated and linked to poorly qualified physicians who often attempt to remove excessive amounts of fat.

Questions You've Always Wanted to Ask

What is the best age to have plastic surgery?

Surgeons say that patients in their 40s can expect better results than those in their 50s and 60s. Younger patients tend to be healthier and have more elastic, resilient skin. The changes also tend to be more subtle and naturalistic.

But won't I have to do it again as I keep aging?

Possibly. Results will fade over the years and if you start too early, you're setting yourself up for second and third surgeries later, with all of their potential risks and complications. Talk to your doctor about what you can expect.

When do I take the plunge?

"When things really bother you," says Dr. James Stuzin, a Miami plastic surgeon. "If you're just a little bothered, then do a minimal, 'low downtime' procedure, like a light (chemical) peel."

Should I do one procedure at a time or do several things all at once?

It depends on who you talk to. Some surgeons, recognizing that facial parts age at different rates, think it's best to tackle individual problems as they arise. Doing less-invasive procedures early on may buy time and postpone a full facelift, for instance. Others prefer that patients wait to have work done all at once. But costs are often the determining factor. The more you do at the same time, the more expensive it will be.

Should I price-shop surgeons?

Certainly it's prudent to compare fees, but don't treat surgery like a VCR. Good results depend greatly on the skills and judgment of a surgeon, so don't choose someone whom you don't want just to save a few hundred dollars.

How long do results last?

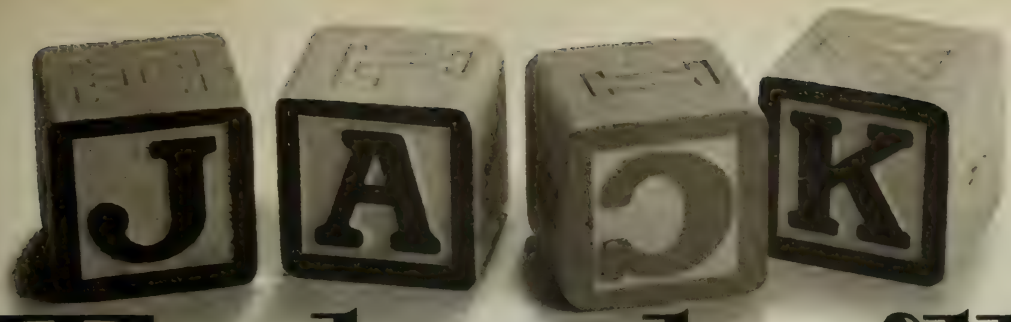
For many patients, cosmetic surgery turns back the clock five to 10 years. But people's skin ages at an unpredictable rate. A person may not always look a decade younger following surgery. Results are likely to last longer if you don't smoke, avoid the sun and use sunscreen, and are conscientious about skin care.

Do some people get hooked on plastic surgery?

Yes. If you're satisfied with one procedure, it's easy to want to do more—and more. Some people become overly preoccupied with their bodies and want surgery to correct every perceived flaw. Contact a counselor or therapist if this sounds like you.



This woman had a face and neck lift, eyebrow lift, and upper and lower eyelid surgery. She also had laser resurfacing done to her mouth and eyes.



Today, he'll stack one block upon another–eyes, fingers, nerves, muscles working together–never realizing that in this simple task he's laying the foundation for all those tomorrows when he'll spell his name, compose his first story, write his first love letter and before you know it a best-selling novel and then, of course, win the Nobel Prize.

Early childhood is such an important time for learning, skill development and growth. But not all children develop the same way. Some need extra help with motor control and coordination, eating, playing, dressing and other areas necessary for success at school and in life. Occupational therapy can help children who have developmental delays, birth or learning disabilities or other conditions to make the most of their abilities. With O.T., children can learn creative, practical ways to live with disability so they can be as independent and competent as possible. How can you tell if your child needs occupational therapy? Talk to your pediatrician. And call 1-800-668-8255 for more information. Or email us at: praota@aota.org.



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When the Doctor Says "Cancer"



Two survivors share their advice on what to do next.

by Rose Welsh and Shirley Grandahl

Rose Welsh, 51, was diagnosed with breast cancer in 1990. After a radical mastectomy and seven surgeries, she underwent full breast reconstruction. She was cancer free for five years but then developed ovarian cancer. Following more surgery, endless rounds of chemotherapy, and a relapse last year, her cancer is now in remission. She lives in Lake Mary, Florida.

Shirley Grandahl, 51, wasn't even sick when she scheduled a physical before training for a marathon. An abnormal blood test alerted her doctor that something wasn't right, and she was later diagnosed with acute myelogenous leukemia, one of the most serious forms of leukemia. Her cancer is also in remission. She lives in Windsor Locks, Connecticut.

Together the two friends have written a book, *Cancer S.O.S. Strategies of Survival. A Guidebook for Women with Cancer*. Their advice comes from their own experiences as well as from other cancer patients, doctors, and nurses they interviewed. Here is an excerpt from the book's first chapter.

continued on page 6

vital sign.



Here's how to deal with irregularity tastefully.

Add a spoonful of Metamucil® to your favorite juice. It contains 100% natural fiber. It's doctor recommended. And mixes so smooth only your body will know it's there. Try it. It's a great tasting way to restore regularity and to help bring back your natural vitality naturally.



The doctor's natural choice for regularity.

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When the Doctor Says "Cancer"

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"I have cancer? I can't have cancer. Oh My God...I have cancer!"

If you are a woman living in the United States, you have a one-in-three lifetime risk of developing cancer. Over a half-million new cancer cases are diagnosed each year. When the doctor says, "I am afraid it's cancer," your world changes forever.

We know. We both have cancer.

People equate the diagnosis of cancer with death and almost always greet the disease with denial. "Maybe my tests were mixed up." "This is some kind of mistake." "I'm going to wake up from this nightmare any minute now." But mistakes are rare, you are awake, and cancer is now a reality in your life.

You can win. Before you do anything else, you must rid yourself of the death image. Cancer is not an automatic death sentence. The first thing you need to do after hearing the news is make an appointment to see the doctor again in a few days. Take time to adjust to the news. Even one day will give you an opportunity to absorb the shock and think more clearly. You are now an active participant in the war against cancer, and if you want to win, you need time to learn about your enemy and prepare for battle.

The second thing is to practice a concept that may be completely foreign to you: Put yourself first. This is an incredibly important philosophy that will prove essential to your mind and body. Your mind is trying to cope with the diagnosis and is flooded with frightening thoughts. Express them.

You need to take control over what will be happening to you in the coming months, and the best way to do that is to be honest with yourself and good to yourself. Don't put pressure on yourself to be brave and strong.

The secret to winning this battle is to break it down into skirmishes, taking one conflict at a time. Doing otherwise can create enormous additional stress that is detrimental to your immune system, which you need now more than ever. Go for a walk. Listen to meditation tapes. Pray. Rely on whatever healthy stress-relief tactics work for you.

Thirdly, put your energy into getting organized and informed about your illness. Gathering information may seem overwhelming, but it's key to your survival. It also helps harness the fear.

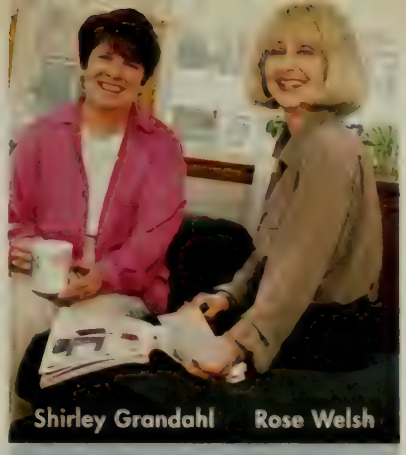
Find the best. Undoubtedly your doctor has recommended that you see a cancer specialist or oncologist. Be choosy. There are many types of oncologists out there. If your diagnosis is breast cancer, find one who specializes in breast cancer. Oncologists generally see many patients with many types of cancer and you can't expect them to be current on all the latest treatments.

Doctors who are board certified have completed required training in their specialty as outlined by a group of their peers, practiced for a specific period of time, and passed difficult exams. You can check a doctor's education and certification by calling your county's medical society.

Don't be lulled into thinking one doctor is the answer to your problem. Wouldn't you rather have many minds focused on your cure? A team that includes an oncologist, diagnostic radiologist, cancer surgeon, pathologist, and nutritionist can strategize about the best treatment plan and customize a program for you. Just remember to include yourself on the team. In fact, think of yourself as the quarterback or coach. You call the plays. If you don't, you'll find yourself out of the game before the starting whistle blows.

You can do this on the phone if necessary, but meeting the doctors in person is best. Take your test results with you and discuss your case with them. If doctors are not thoroughly

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Shirley Grandahl Rose Welsh

DIAGNOSIS WORKSHEET

This is a tough sheet to fill out.

You must take an objective look at your illness and be prepared to participate in your treatment. To do this you need to know what you are up against. If you feel you're not up to this by yourself, ask a friend or family member to help.

- What did the tests/biopsy show? What exactly does that mean?
- What is the doctor's opinion of my condition?
- What parts of my body are affected? Can it spread to other parts?
- What are my options as you (the doctor) see them?
- How do you plan to make me well again?
- Explain all of the plans you have for my recovery.
- What is the treatment? Be specific.
- How long will it take?
- What should I expect from treatment?
- How will it change my daily routine?
- How often and for how long are the individual treatments?
- What tests and procedures will be used to monitor my progress?
- What current research is being done? Where is it being done?
- Where else can I get an opinion? If the doctor says no other opinion is needed, he or she is wrong.
- Do I need to see more than one doctor?
- What other type of doctor should I see?
- Would you consider working with a team of doctors?
- When do we start?

Cancer S.O.S is available by calling Alba Publishers at 800/818-8208. It costs $24.95.



Depression isolates.

Depression can make you feel all alone in the world. Especially when you're around people who think depression is all in your head. Well, it's not. Depression is a real illness with real causes. It can appear suddenly, for no apparent reason. Or it can be triggered by stressful life events, like losing a job or having a chronic illness.

When you're clinically depressed, one thing that can happen is the level of serotonin (a chemical in your body) may drop. So you may have trouble sleeping. Feel unusually sad or irritable. Find it hard to concentrate. Lose your appetite. Lack energy. Or have trouble feeling pleasure.

These are some of the symptoms that can point to depression–especially if they last for m than a couple of weeks and if normal, everyday feels like too much to handle.

To help bring serotonin levels closer to norm the medicine doctors now prescribe most often is Prozac.® Prozac isn't a "happy pill." It's not a tranquilizer. It won't take away your personality. Depression can do that, but Prozac can't.

Prozac has been carefully studied for nearly 10 years. Like other antidepressants, it isn't hab forming. But some people do experience mild side effects, like upset stomach, headaches, difficulty sleeping, drowsiness, anxiety and nervousness. These tend to go away within a fe



Prozac can help.

starting treatment and usually aren't enough to make most people stop taking ...wever, if you are concerned about a side ... or if you develop a rash, tell your doctor ...ay. And don't forget to tell your doctor ... other medicines you are taking. Some ...should not take Prozac, especially people ...AO inhibitors.

...you start feeling better, your doctor can ... therapy or other means to help you work ... your depression. Remember, Prozac is ...scription medicine, and it isn't right for ... Only your doctor can decide if Prozac ... you – or for someone you love.

Prozac has been prescribed for more than 17 million Americans. Chances are someone you know is blossoming again because of it.

prozac

...e's more to life.

Welcome back.

Please see important information on following page.

http://www.lilly.com

Prozac®
fluoxetine hydrochloride

Brief Summary. Consult the package insert for complete prescribing information.

Indications: For the treatment of depression, obsessive-compulsive disorder (OCD), and bulimia nervosa.

Contraindications: Known hypersensitivity to Prozac.

Monoamine Oxidase Inhibitors—There have been reports of serious, sometimes fatal, reactions in patients receiving fluoxetine in combination with an MAOI and in patients who have recently discontinued fluoxetine and are then started on an MAOI. Some cases presented with features resembling neuroleptic malignant syndrome.

Wait at least 14 days between discontinuing an MAOI and starting therapy with Prozac. Because of the long half-lives of fluoxetine and its active metabolite, wait at least 5 weeks (or longer, if fluoxetine has been prescribed chronically and/or at higher doses) between discontinuing Prozac and starting therapy with an MAOI. Prozac should not be used concomitantly with MAOIs.

Warnings: *Rash and Possibly Allergic Events*—In US fluoxetine clinical trials, 7% of 10,782 patients developed various types of rashes and/or urticaria. Among the cases reported in premarketing clinical trials, almost a third of these discontinued therapy because of rash and/or associated systemic signs or symptoms. Reported in association with rash were fever, leukocytosis, arthralgias, edema, carpal tunnel syndrome, respiratory distress, lymphadenopathy, proteinuria, and mild transaminase elevation. Most patients improved promptly upon discontinuation of fluoxetine and/or adjunctive treatment with antihistamines or steroids, and all were reported to recover completely.

Of 2 patients who developed a serious cutaneous systemic illness during premarketing clinical trials, 1 was considered to have a leukocytoclastic vasculitis, and the other, a severe desquamating syndrome considered variously to be a vasculitis or erythema multiforme. Other patients have had systemic syndromes suggestive of serum sickness.

Since the introduction of Prozac, systemic events possibly related to vasculitis have developed in patients with rash. Although these events are rare, they may be serious, involving the lung, kidney, or liver. Death has been reported to occur in association with these systemic events.

Anaphylactoid events, including bronchospasm, angioedema, and urticaria alone and in combination, have been reported.

Pulmonary events, including inflammatory processes of varying histopathology and/or fibrosis, have been reported rarely. These events have occurred with dyspnea as the only preceding symptom.

Whether these systemic events and rash have a common underlying cause or are due to different etiologies or pathogenic processes is not known. Upon the appearance of rash or of other possibly allergic phenomena for which an alternative etiology cannot be identified, Prozac should be discontinued.

Precautions:—*General*—The following events occurred in controlled clinical trials. See Tables 1 and 2 also.

- *Anxiety and Insomnia.*
- *Altered Appetite and Weight*—Significant weight loss may be an undesirable result of treatment. Weight change should be monitored during treatment of bulimia.
- *Activation of Mania/Hypomania*—In all US Prozac clinical trials, reported by 0.7% of 10,782 patients.
- *Seizures*—Introduce Prozac with care in patients with a history of seizures. In all US Prozac clinical trials, 0.2% of 10,782 patients reported convulsions.
- *Suicide*—Close supervision of high-risk patients should accompany initial drug therapy.
- *Long Elimination Half-Lives of Fluoxetine and Its Metabolites*—Because of the long elimination half-lives of the parent drug (1 to 3 days after acute administration and 4 to 6 days after chronic administration) and its major active metabolite (4 to 16 days after acute and chronic administration), changes in dose will not be fully reflected in plasma for several weeks, affecting both strategies for titration to final dose and withdrawal from treatment.
- *Use in Patients With Concomitant Illness*—Caution is advisable in patients with diseases or conditions that could affect metabolism or hemodynamic responses.
- *Interference With Cognitive and Motor Performance*—Patients should be cautioned about operating hazardous machinery, including automobiles, until they are reasonably certain that the drug does not affect them adversely.
- *Information for Patients*—Physicians should advise their patients to notify them if they:

– are taking or plan to take any prescription or over-the-counter drugs or alcohol
– become pregnant or intend to become pregnant during therapy
– are breast feeding an infant
– develop a rash or hives

- *Drug Interactions*

– Drugs Metabolized by P450IID6—Therapy with medications that are predominantly metabolized by the P450IID6 system, especially those that have a relatively narrow therapeutic index (eg, flecainide, vinblastine, and tricyclic antidepressants) should be initiated at the low end of the dosage range if a patient is receiving fluoxetine concurrently or has taken it in the previous 5 weeks. Alternately, the addition of fluoxetine to the treatment regimen of a patient already receiving a drug metabolized by P450IID6 may require a decreased dose of the original medication.

– Drugs Metabolized by Cytochrome P450IIIA4—Data indicate that fluoxetine's extent of inhibition of cytochrome P450IIIA4 activity is not likely to be of clinical significance.

– CNS Active Drugs—Caution is advised. Consideration should be given to using lower initial doses of the concomitantly administered drugs, using conservative titration schedules, and monitoring of clinical status.

Anticonvulsants—Patients on stable doses of phenytoin and carbamazepine have developed elevated plasma anticonvulsant concentrations and clinical anticonvulsant toxicity.

Antipsychotics—Some clinical data suggest a possible pharmacodynamic and/or pharmacokinetic interaction between SSRIs and antipsychotics.

Benzodiazepines—The half-life of concurrently administered diazepam may be prolonged in some patients. Coadministration of alprazolam and fluoxetine has resulted in increased alprazolam plasma concentrations and in further psychomotor performance decrement due to increased alprazolam levels.

Lithium—There have been reports of both increased and decreased lithium levels and lithium toxicity.

Tryptophan—Five patients receiving tryptophan experienced adverse reactions, including agitation, restlessness, and gastrointestinal distress.

Monoamine Oxidase Inhibitors—See Contraindications.

Other Antidepressants—Previously stable plasma levels of imipramine and desipramine have increased greater than 2- to 10-fold when concomitantly administered with fluoxetine.

– Drugs Tightly Bound to Plasma Proteins—A shift in plasma concentrations or displacement of fluoxetine may result in adverse effects.

– Warfarin—Reports of altered anti-coagulant effects, including increased bleeding. Careful coagulation monitoring is recommended when fluoxetine is initiated or stopped.

– Electroconvulsive Therapy—Rare reports of prolonged seizures in patients on fluoxetine receiving ECT.

- *Carcinogenesis, Mutagenesis, Impairment of Fertility*—There is no evidence of carcinogenicity, mutagenicity, or impairment of fertility with Prozac.
- *Pregnancy—Pregnancy Category C*—In embryo-fetal development studies in rats and rabbits, there was no evidence of teratogenicity at doses of up to 1.5 and 3.6 times, respectively, the MRHD (maximum recommended human dose) of 80 mg

treated at 1.5 times the MRHD, there was no evidence of developmental neurotoxicity. However, in rat reproduction studies, an increase in stillborn pups, a decrease in pup weight, and an increase in pup deaths during the first 7 days postpartum occurred following maternal exposure to 1.5 or 0.9 times the MRHD on a mg/m² basis during gestation or gestation and lactation, respectively. Prozac should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

- *Labor and Delivery*—The effect of Prozac is unknown. Prozac should be used only if the potential benefit justifies the potential risk to the fetus.
- *Nursing Mothers*—Prozac is excreted in human milk. Nursing while on Prozac is not recommended.
- *Pediatric Use*—Safety and effectiveness in pediatric patients have not been established.
- *Usage in the Elderly*—Evaluation of patients over age 60 who received Prozac, 20 mg, daily revealed no unusual pattern of adverse events relative to the clinical experience in younger patients. However, these data are insufficient to rule out possible age-related differences during chronic use, particularly in elderly patients with concomitant systemic illnesses or those receiving concomitant drugs.
- *Hyponatremia*—Hyponatremia (some cases with serum Na lower than 110 mmol/L) has been reported which appeared to be reversible on drug discontinuation. Some cases were possibly due to SIADH, and the majority have been in older patients and those taking diuretics or who were otherwise volume depleted.
- *Platelet Function*—Rare reports of altered platelet function and/or abnormal results from laboratory studies in patients taking fluoxetine. While there have been reports of abnormal bleeding in several patients taking fluoxetine, it is unclear whether fluoxetine had a causative role.

Adverse Reactions: It is important to emphasize that events reported during therapy were not necessarily caused by it.

Incidence in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 1 enumerates pooled data on treatment-emergent adverse events that occurred in 2% or more patients treated with Prozac and with incidence greater than placebo in the treatment of depression, OCD, or bulimia. See full prescribing information for table of treatment-emergent adverse events for each indication.

Table 1.

TREATMENT-EMERGENT ADVERSE EVENTS:
INCIDENCE IN US DEPRESSION, OCD, AND BULIMIA
PLACEBO-CONTROLLED CLINICAL TRIALS

	Percentage of Patients Reporting Event	
	Depression, OCD, and bulimia combined	
Body System/ Adverse Event*	Prozac (N=2444)	Placebo (N=1331)
Body as a Whole		
Headache	21	20
Asthenia	12	6
Flu Syndrome	5	4
Fever	2	1
Cardiovascular System		
Vasodilatation	3	1
Palpitation	2	1
Digestive System		
Nausea	23	10
Diarrhea	12	8
Anorexia	11	3
Dry mouth	10	7
Dyspepsia	8	5
Flatulence	3	2
Vomiting	3	2
Metabolic and Nutritional disorders		
Weight loss	2	1
Nervous System		
Insomnia	20	11
Anxiety	13	8
Nervousness	13	9
Somnolence	13	6
Dizziness	10	7
Tremor	10	3
Libido decreased	4	—
Respiratory System		
Pharyngitis	5	4
Yawn	3	—
Skin and Appendages		
Sweating	8	3
Rash	4	3
Pruritus	3	2
Special Senses		
Abnormal vision	3	1

*Included are events reported by at least 2% of patients taking Prozac, except the following events, which had an incidence on placebo ≥ Prozac (depression, OCD, and bulimia combined): abdominal pain, abnormal dreams, accidental injury, back pain, chest pain, constipation, cough increased, depression (includes suicidal thoughts), dysmenorrhea, gastrointestinal disorder, infection, myalgia, pain, paresthesia, rhinitis, sinusitis, thinking abnormal.
—Incidence less than 1%.



Associated With Discontinuation in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 2 lists the adverse events associated with discontinuation of Prozac treatment (incidence at least twice that for placebo and at least 1% for Prozac in clinical trials) in depression, OCD, and bulimia.

Other Events Observed In All US Clinical Trials—Frequent adverse events are defined as those occurring on 1 or more occasions in at least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1,000 patients; rare events are those occurring in less than 1/1,000 patients.

MOST COMMON ADVERSE EVENTS ASSOCIATED WITH DISCONTINUATION IN US DEPRESSION, OCD, AND BULIMIA PLACEBO-CONTROLLED CLINICAL TRIALS

Depression, OCD, and bulimia combined	Depression	OCD	Bulim
—	—	Anxiety (2%)	—
Insomnia (1%)	Insomnia (1%)	—	Insomnia
—	Nausea (1%)	—	—
Nervousness (1%)	Nervousness (1%)	—	—
—	—	Rash (3%)	—

Body as a Whole—*Frequent:* chills; *Infrequent:* chills and fever, face intentional overdose, malaise, pelvic pain, suicide attempt; *Rare:* abd syndrome acute, hypothermia, intentional injury, neuroleptic malignant syr photosensitivity reaction.

Cardiovascular System—*Frequent:* hemorrhage, hypertension; *Infr* angina pectoris, arrhythmia, congestive heart failure, hypotension, m myocardial infarct, postural hypotension, syncope, tachycardia, vascular he *Rare:* atrial fibrillation, bradycardia, cerebral embolism, cerebral isc cerebrovascular accident, extrasystoles, heart arrest, heart block, pallor, pe vascular disorder, phlebitis, shock, thrombophlebitis, thrombosis, vaso ventricular arrhythmia, ventricular extrasystoles, ventricular fibrillation.

Digestive System—*Frequent:* increased appetite, nausea and vo *Infrequent:* aphthous stomatitis, cholelithiasis, colitis, dysphagia, eru esophagitis, gastritis, gastroenteritis, glossitis, gum hemorrhage, hyperchlo increased salivation, liver function tests abnormal, melena, mouth ulc nausea/vomiting/diarrhea, stomach ulcer, stomatitis, thirst; *Rare:* biliar bloody diarrhea, cholecystitis, duodenal ulcer, enteritis, esophageal ulce incontinence, gastrointestinal hemorrhage, hematemesis, hemorrhage o hepatitis, intestinal obstruction, liver fatty deposit, pancreatitis, peptic ulce hemorrhage, salivary gland enlargement, stomach ulcer hemorrhage, edema.

Endocrine System—*Infrequent:* hypothyroidism; *Rare:* diabetic ac diabetes mellitus.

Hemic and Lymphatic System—*Infrequent:* anemia and ecchymosis blood dyscrasia, hypochromic anemia, leukopenia, lymphedema, lympho petechia, purpura, thrombocythemia, thrombocytopenia.

Metabolic and Nutritional—*Frequent:* weight gain; *Infrequent:* dyhyp generalized edema, gout, hypercholesteremia, hyperlipemia, hypok peripheral edema; *Rare:* alcohol intolerance, alkaline phosphatase increase increased, creatine phosphokinase increased, hyperkalemia, hyperur hypocalcemia, iron deficiency anemia, SGPT increased.

Musculoskeletal System—*Infrequent:* arthritis, bone pain, bursitis, leg tenosynovitis; *Rare:* arthrosis, chondrodystrophy, myasthenia, myopathy, n osteomyelitis, osteoporosis, rheumatoid arthritis.

Nervous System—*Frequent:* agitation, amnesia, confusion, emotional sleep disorder; *Infrequent:* abnormal gait, acute brain syndrome, akathisia, ataxia, buccoglossal syndrome, CNS depression, CNS stimu depersonalization, euphoria, hallucinations, hostility, hyperkinesia, hyp hypesthesia, incoordination, libido increased, myoclonus, neuralgia, neur neurosis, paranoid reaction, personality disorder,* psychosis, vertig abnormal electroencephalogram, antisocial reaction, circumoral paresthesi delusions, dysarthria, dystonia, extrapyramidal syndrome, foo hyperesthesia, neuritis, paralysis, reflexes decreased, reflexes increased, st

Respiratory System—*Infrequent:* asthma, epistaxis, hiccup, hyperver *Rare:* apnea, atelectasis, cough decreased, emphysema, hemo hypoventilation, hypoxia, larynx edema, lung edema, pneumothorax, stridor

Skin and Appendages—*Infrequent:* acne, alopecia, contact dermatitis, maculopapular rash, skin discoloration, skin ulcer, vesiculobullous rash furunculosis, herpes zoster, hirsutism, petechial rash, psoriasis, purpur pustular rash, seborrhea.

Special Senses—*Frequent:* ear pain, taste perversion, tinnitus; *Infr* conjunctivitis, dry eyes, mydriasis, photophobia; *Rare:* blepharitis, d diplopia, exophthalmos, eye hemorrhage, glaucoma, hyperacusis, iritis, p scleritis, strabismus, taste loss, visual field defect.

Urogenital System—*Frequency:* urinary frequency; *Infrequent:* ab albuminuria, amenorrhea,† anorgasmia, breast enlargement, breast pain, dysuria, female lactation,† fibrocystic breast,† hematuria, leuko menorrhagia,† metrorrhagia,† nocturia, polyuria, urinary incontinence, retention, urinary urgency, vaginal hemorrhage†; *Rare:* breast engor glycosuria, hypomenorrhea,† kidney pain, oliguria, priapism,† hemorrhage,† uterine fibroids enlarged.†

*Personality disorder is the COSTART term for designating nonagg objectionable behavior.

†Adjusted for gender.

Postintroduction Reports—Voluntary reports of adverse events ten associated with Prozac that have been received since market introduction may have no causal relationship with the drug include the following: anemia, atrial fibrillation, cerebral vascular accident, cholestatic ja confusion, dyskinesia (including, for example, a case of buccal-lingual-mas syndrome with involuntary tongue protrusion reported to develop in a 77- female after 5 weeks of fluoxetine therapy and which completely resolved next few months following drug discontinuation), eosinophilic pneu epidermal necrolysis, erythema nodosum, exfoliative dermatitis, gynec heart arrest, hepatic failure/necrosis, hyperprolactinemia, immune- hemolytic anemia, kidney failure, misuse/abuse, movement disorders devel patients with risk factors including drugs associated with such eve worsening of preexisting movement disorders, neuroleptic malignant syr like events, pancreatitis, pancytopenia, priapism, pulmonary emboli prolongation, Stevens-Johnson syndrome, sudden unexpected death, ideation, thrombocytopenia, thrombocytopenic purpura, vaginal bleeding a withdrawal, and violent behaviors.

Overdosage: Prominent symptoms of overdose included nausea and von well as agitation, restlessness, hypomania, and other signs of CNS excitab

In managing overdosage, consider the possibility of multiple drug invo A specific caution involves patients taking or recently having taken fluoxe might have ingested excessive quantities of a TCA. Accumulation of th tricyclic and an active metabolite may increase the possibility of clinically si sequelae and extend the time needed for close medical observation (s Antidepressants *under* Precautions).

Reports of death attributed to overdosage of fluoxetine alone ha extremely rare.

PV2472—DPP

Additional information available to the profession on request.

FL-10282-0-10015353-198

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When the Doctor Says "Cancer"

continued from page 65

committed to helping you, if their attitude is complacent, if you are at all uncomfortable, go somewhere else. You are entrusting your life to the care of these physicians, so be absolutely sure you have confidence in their ability and commitment to getting you well.

When evaluating and selecting doctors, remember that a warm and comforting bedside manner is important, but may not equate to a competent professional.

Get three opinions. Doctors can view your illness in many ways, including incorrectly. Ask for your records and tests; they are just that—yours. When you talk to doctors, know something about your condition. They will give you more information if you show them you know what you're talking about.

If your doctor lacks new information, that should tell you to find someone who knows at least as much as you do. You can get information from the American Cancer Society, the public library, bookstores, the Internet, hospital libraries, universities, research centers, and the National Cancer Institute's free Cancer Information Service at 800/422-6237. This provides the most recent scientific information in clear, understandable language, and staffers offer confidential and personal help.

Also, send your records to the best hospitals and treatment centers and ask the head of the oncology department for a consultation.

Most insurance companies pay for a second opinion. The third opinion, however, may be on you. Spend the money. And remember, you don't have to limit yourself to the city in which you live.

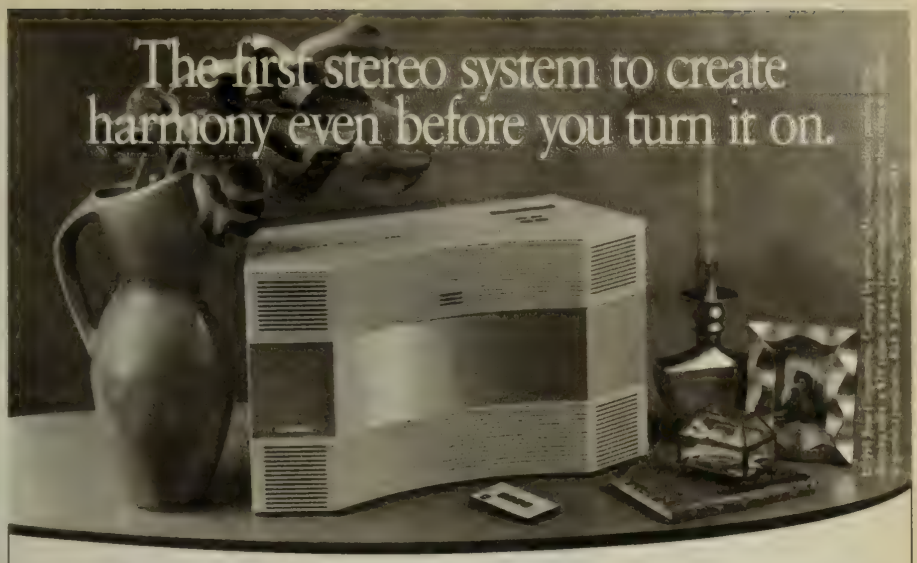
Also, let your emotions work with your mind. A doctor's commitment and his or her staff can't be evaluated solely on paper. You shop around for carpeting when all you are going to do is walk on it, so why accept the first doctor who comes up with a treatment plan? Treatments vary from doctor to doctor, hospital to hospital, and state to state. Make a few long-distance calls.

Hope helps. After you've received the doctors' opinions on your condition and treatment, you have to decide which you want to go with. Remember, most opinions are judgment calls based largely on a person's experience, but every cancer and every cancer patient is different.

Choose the doctor you're most comfortable with after considering their credentials, attitude, personal demeanor, and medical evaluation of your case. Doctors and nurses can do terrible mental damage to you with negative comments. Please stay away from anyone who is not positively on your team. An oncologist committed to keeping you alive offers hope for your future. Hope will give you the strength to fight back.

SUGGESTED BOOKS. Reading about cancer can help reduce some of the fear. Here are a few books Rose and Shirley recommend every cancer patient read.

- *Cancervive: The Challenge of Life After Cancer* by Susan Nessim and Judith Ellis
- *Getting Well Again* by Dr. O. Carl Simonton
- *Love, Medicine and Miracles* by Dr. Bernie S. Seigel
- *Natural Health, Natural Medicine* by Dr. Andrew Weil
- *Third Opinion* by John M. Fink
- *Smart Medicine* by Dr. Bruce Hensel
- *A New Prescription for Women's Health* by Dr. Bernadine Healy
- *Coping with Chemotherapy* by Nancy Bruning



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Aspirin: Don't Leave Home Without It

Between 5,000 and 10,000 lives would be saved every year if more people took an aspirin when they experienced chest pain or other heart attack symptoms, says the American Heart Association.

"It doesn't matter what brand, just as long as aspirin is used," says Dr. Charles Hennekens, chief of preventive medicine at Brigham and Women's Hospital in Boston and an internationally recognized expert on heart disease.

Aspirin—which turned 100 in 1997—prevents blood platelets from sticking together and forming clots. These clots can block blood vessels, causing heart attacks and strokes. The Food and Drug Administration has approved labels that say aspirin can help people who have survived a heart attack, but the American Heart Association recommends that anyone with hardening of the arteries take a daily aspirin regardless of having had a heart attack.

If you feel as though you are having a heart attack, Dr. Hennekens recommends taking a full aspirin tablet (325 milligrams) to get a fast effect. Patients who already have had a heart attack and want to prevent another one should take a baby aspirin (about 100 milligrams) a day, he says.

Taking a daily aspirin, however, is no substitute for a healthy lifestyle. The best way to avoid heart disease is to eat a low-fat diet, get regular exercise, and don't smoke. If you are a candidate for taking a daily aspirin, check with your doctor to see which dose would work best for you.

DID YOU KNOW?

Religious Services Improve Health Going to church regularly is good for the soul, and now Duke University researchers have shown it may also be good for the body.

In a study of more than 1,700 older adults in North Carolina, doctors found that people who attended a religious service at least once a week had a healthier immune system. The churchgoers were only half as likely to have elevated levels of interleukin-6 (IL-6), a protein involved in a variety of infections and age-related diseases.

One theory is that as people age, their bodies lose the ability to regulate IL-6 and they become more vulnerable to disease.

The study was reported in the *International Journal of Psychiatry in Medicine.*

Cappuccino Teeth

Colder weather often means yo drink more coffee and hot tea, b those extra cups can make even th whitest teeth look dull.

Tannic acid (the stuff that mak the dark color) etchs into the pits ar grooves of tooth enamel and co stain teeth brown.

To avoid this, rinse with a glass water after every cup, says E. "Ma Edington, D.D.S., president of th Academy of General Dentistry. you prefer iced coffee or tea, h suggests sipping these beverag through a straw. That way, the ta nins won't even touch your fro upper and lower teeth. "You m stain the back of the teeth, but n the front," Edington say The really whit obsessed co wipe c their fro teeth wi a tissue Or a your de tist abo bleachin Bleaching successful in about 90 percent patients, but not everyone is a goo candidate. Teeth that have hints yellow, brown, or orange respon best. Teeth that are gray from yea of smoking will see results, but th won't be as dramatic.

Even if you don't drink coffee, t to swish and swallow. Water ne tralizes acids left in your mouth aft eating and reduces cavity-causin bacteria by about 30 percent.

continued on page 7

ILLUSTRATIONS: JIM FRAZIER


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LOONEY TUNES

Naptime, playtime, any time of the day at all: this baby girl wants to have her favorite yellow blanket on hand! It isn't the color she likes as much as the tiny canary prominently featured at all four corners. While she's too little to enjoy cartoons, she's already old enough to love Tweety!

And no wonder — Tweety's appeal to the young and young-at-heart is timeless. Now Warner Bros.' miniature yellow dynamo is featured with a brand-new collectible doll from Ashton-Drake called "Tweet Dreams," first issue in the *Looney Tunes Cuties* collection.

Artist Alex Tsalikhin has created a sweet and cuddly hand-crafted porcelain baby doll, curled up on her beloved blanket. Tweety himself pops up cheerfully from behind clusters of heart-shaped appliques. While his young friend slumbers, he'll watch out for rascally cats!

"Tweet Dreams" is value-priced at only $74.99, a remarkable collecting value. Order now and you're guaranteed the opportunity (at no obligation) to receive all the dolls in the *Looney Tunes Cuties* collection at the same issue price.

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Health Update

continued from page 70



Now Showing: The Dry Nose

Too much climate control can leave your nose dry and susceptible to nosebleeds in winter. Here's why: Four different blood vessels converge very near the surface of the septum, the wall that separates the nostrils. When the walls dry out from too much heat, blood vessels can rupture and bleed.

If you get a nosebleed, don't tilt your head back. All that does is divert blood down the back of your throat. Instead, gently pinch your nose on either side of the bridge. You're pinching too low if your nostrils close as though you had encountered something stinky.

With your head higher than the heart—this means you should sit up—keep your nose pinched shut for about 10 minutes so blood will clot and stop the flow. Don't let go; if you do, you'll have to start the clotting process all over.

To avoid winter nosebleeds, the American Academy of Otolaryngology suggests lubricating your septum before going to bed. Place a pea-size gob of petroleum jelly on a fingertip and rub it inside your nose.

Frostbite Happens

Although rare, frostbite can happen in the backyard as well as on a mountaintop—and cause permanent injury. Frostbite is when blood vessels constrict due to extreme cold and cause tissue damage.

The best defense against it is to layer your winter clothing, says Dr. John Loiselle, associate director of emergency medicine at St. Christopher's Hospital for Children in Philadelphia. Exposed hands and feet are the most vulnerable.

Here's what frostbite looks and feels like:

- First degree—There is a burning sensation with this least-severe frostbite. Skin turns red and stings.
- Second degree—Skin has a gray or yellow tint and feels tender, or you may have a "pins and needles" sensation.
- Third degree—In this most-severe case, skin has a waxy white appearance and it feels numb.

If you suspect frostbite, cover the area with a warm, dry cloth. It's even better to place the affected body part in warm water (no hotter than 104 degrees). Either way, seek medical help immediately.

Help for Parkinson's Disease Patients

About one in 250 people over age 40 will get Parkinson's disease, a chronic and progressive disorder of the brain that causes tremors, slow movement, and muscle rigidity.

To help patients, the American Parkinson Disease Association and SmithKline Beecham created a toll-free referral line at 888/400-2732. Callers can get the names of local Parkinson's disease specialists, occupational therapists, physical therapists, and support groups.

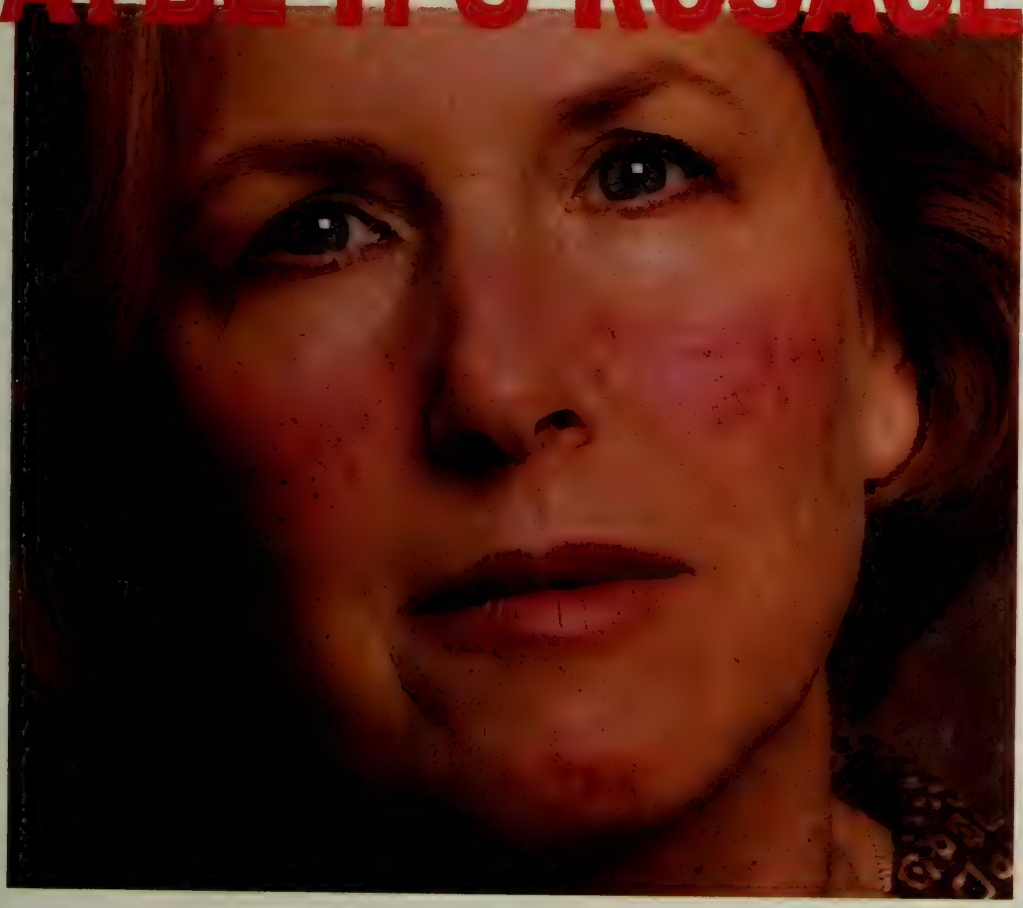
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METROGEL Topical Gel and METROCREAM Topic are contraindicated in individuals with a history of h sitivity to metronidazole, parabens, or other ingredier formulations.
PRECAUTIONS:
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Topical metronidazole has been reported to cause t the eyes. Therefore, contact with the eyes should b ed. If a reaction suggesting local irritation occurs, should be directed to use the medication less freq discontinue use. Metronidazole is a nitroimidaz should be used with care in patients with evidence tory of blood dyscrasia.
Information for patients:
These medications are to be used as directed by the p They are for external use only. Avoid contact with the
Drug interactions:
Oral metronidazole has been reported to potentiate coagulant effect of warfarin and coumarin anticoa resulting in a prolongation of prothrombin time. The topical metronidazole on prothrombin time is not kn
Carcinogenesis, mutagenesis, impairment of fer
Metronidazole has shown evidence of carcinogenic in a number of studies involving chronic, oral admir in mice and rats but not in studies involving hamste
Metronidazole has shown evidence of mutagenic a several *in vitro* bacterial assay systems. In addition, response increase in the frequency of micronu observed in mice after intraperitoneal injections, increase in chromosome aberrations has been re patients with Crohn's disease who were treated with 2 mg/day of metronidazole for 1 to 24 months. How excess chromosomal aberrations in circulating hun phocytes have been observed in patients treated for 8
Pregnancy: *Teratogenic effects: Pregnancy catego*
There are no adequate and well-controlled studies use of METROGEL Topical Gel or METROCREAM Cream in pregnant women. Metronidazole crosses cental barrier and enters the fetal circulation rapidly. toxicity was observed after oral metronidazole in rats However, because animal reproduction studies always predictive of human response and since m zole has been shown to be a carcinogen in some rod drug should be used during pregnancy only if clearly
Nursing mothers:
After oral administration, metronidazole is secreted i milk in concentrations similar to those found in the Even though blood levels with topically applied me zole are significantly lower than those achieved a administration, a decision should be made whethe continue nursing or to discontinue the drug, tak account the importance of the drug to the mother.
Pediatric use:
Safety and effectiveness in pediatric patients have n established.
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In controlled clinical trials, the total incidence of adver tions associated with the use of METROCREAM Cream was approximately 10%. Skin discomfort (burn stinging) was the most frequently reported event foll erythema, skin irritation, pruritus, and worsening of All individual events occurred in less than 3% of pati
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In clinical trials, patients experienced the following individual side effects in order of frequency: skin discomfort (burning and stinging), redness, skin irritation, itching, or worsening of rosacea. The total incidence of side effects was approximately 10%.

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As Good As Garlic

by Ed Blonz, Ph.D.

An old saying describes garlic as being "as good as 10 mothers." It has been credited with an ability to destroy microorganisms, combat heart disease, increase resistance to cancer, enhance the immune system, and lower cholesterol. Some scientific studies have even suggested that garlic decreases fatigue and improves memory.

Healthy skepticism toward reports of such miraculous foods would normally encourage you to take such claims with a grain of salt—or a clove of garlic, as the case may be—but based on some serious scientific research, garlic might indeed live up to its lofty reputation.

In controlled scientific studies, this aromatic relative of the onion and scallion continues to show its prowess beyond its ability to cure a bland meal. In fact, if garlic had been developed by a pharmaceutical company, it would likely be hailed as a wonder drug.

The Good in Garlic

The key to garlic's health benefits is allicin. This pungent and powerful phytochemical (a plant compound that has protective health benefits) is also responsible for garlic's telltale odor. Ironically, there is no allicin in an intact clove of fresh garlic: Allicin forms when the plant cells within the garlic clove are damaged, such as through crushing or cooking.

Garlic's ability to manufacture allicin serves to defend the plant against insects, bacteria, viruses, fungal organisms, and other invaders. Soon after allicin is formed, the compound breaks down into a host of other compounds.



These compounds act as antiox dants, anticancer agents, anticlottin agents, and detoxifiers. This array helpful, natural elements diffe according to whether the garlic heated, dried, aged, or eaten fresh.

Taking Garlic to Heart

Populations that consume garlic on regular basis tend to have a lowe incidence of heart disease, an researchers are beginning to under stand why. A number of studie show that garlic can hel reduce elevated undesired LD cholesterol and triglyceri levels, without lowering th desired HDL cholesterol.

But how much garlic do yo need to eat to achieve a notice able effect on cholesterol levels The evidence shows that norm dietary quantities of garlic– although not as powerful and effec tive as cholesterol-lowering medica tions—do indeed work.

There are ingredients in cooke garlic that can help lower elevate blood pressure, too. Other garli compounds can lessen the tendenc of blood to clot. For this reaso some physicians are now recom mending that heart patients who ar taking anticoagulant medication (so-called "blood thinners") reduc their intake of garlic.

All of the documented healt factors in this common vegetabl help to explain why the nutritio committee of the American Hear Association publicly acknowledge garlic's potential in helping to reduc the risk of heart disease and othe cardiovascular diseases.

continued on page 7

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Garlic

continued from page 76

Garlic as Cancer Fighter

Garlic is a promising ally in the fight against cancer, helping the body neutralize potent carcinogens. Researchers believe garlic does this by using allicin to interrupt the toxic effects of the cancer-causing substances while aiding the body's own immune cells in destroying them.

Recent studies have also shown that garlic destroys *H. pylori*, the bacteria believed to cause some stomach ulcers and a suspected culprit in stomach cancer.

Population studies in China and Italy found that the incidence of stomach cancer is lower in people who eat lots of garlic. In the United States, the Iowa Women's Health Study—an ongoing Iowa State University diet and health study of nearly 35,000 women aged 55 to 69—found that people who eat garlic at least once a week have a significantly lower risk of colon cancer. Garlic may have powers against other cancers, too, such as cancer of the bladder, breast, and prostate.

With all this evidence in garlic's favor, it's important to point out that some clinical studies have failed to show significantly beneficial results from garlic.

Before You Put Garlic On Your Cornflakes

Although most studies show that dietary amounts of garlic have beneficial effects, the difficulty in researching a fresh food is that concentrations of compounds vary both from plant to plant, and according to how it's prepared.

Studies using fresh or prepared clove garlic recommended that the best benefits come from eating a half clove to a clove a day or more.

Given all that we now know about garlic, it's potential benefits to health, and the variety of ways it can be used, foods prepared with garlic remain the most "tasteful" way to add this salubrious herb to your diet.

Where There's a Pill, There's a Way

An assortment of garlic supplements is available. Some contain chopped garlic or garlic oil. Others are just powdered garlic in pill form. There are also allicin tablets designed to dissolve in the small intestine and be "odor-free."

Studies of garlic supplements containing controlled concentrations of allicin (in the form of powders, by-products, and extracts) came up with varying recommendations for daily garlic intake. These differences indicate that, when it comes to supplements, there is also no "se amount" of daily garlic intake.

The lack of any type of standardization makes purchasing garli supplements a "buyer beware" market. The garlic compounds in supplements are for the most par harmless. But no standardization means questions about efficacy and purity—in other words, what you see may not be what you get.

If you prefer to take garlic supplements, read the label carefully fo quality and content. Be skeptical o any pill, powder, capsule, or extrac product that makes overeffusive claims or for which there is only limited or nonspecific information.

—Ed Blonz is a nationally syndicated columnist living in Kensington California. He's also the author of th Your Personal Nutritionist *series published by Signet.*

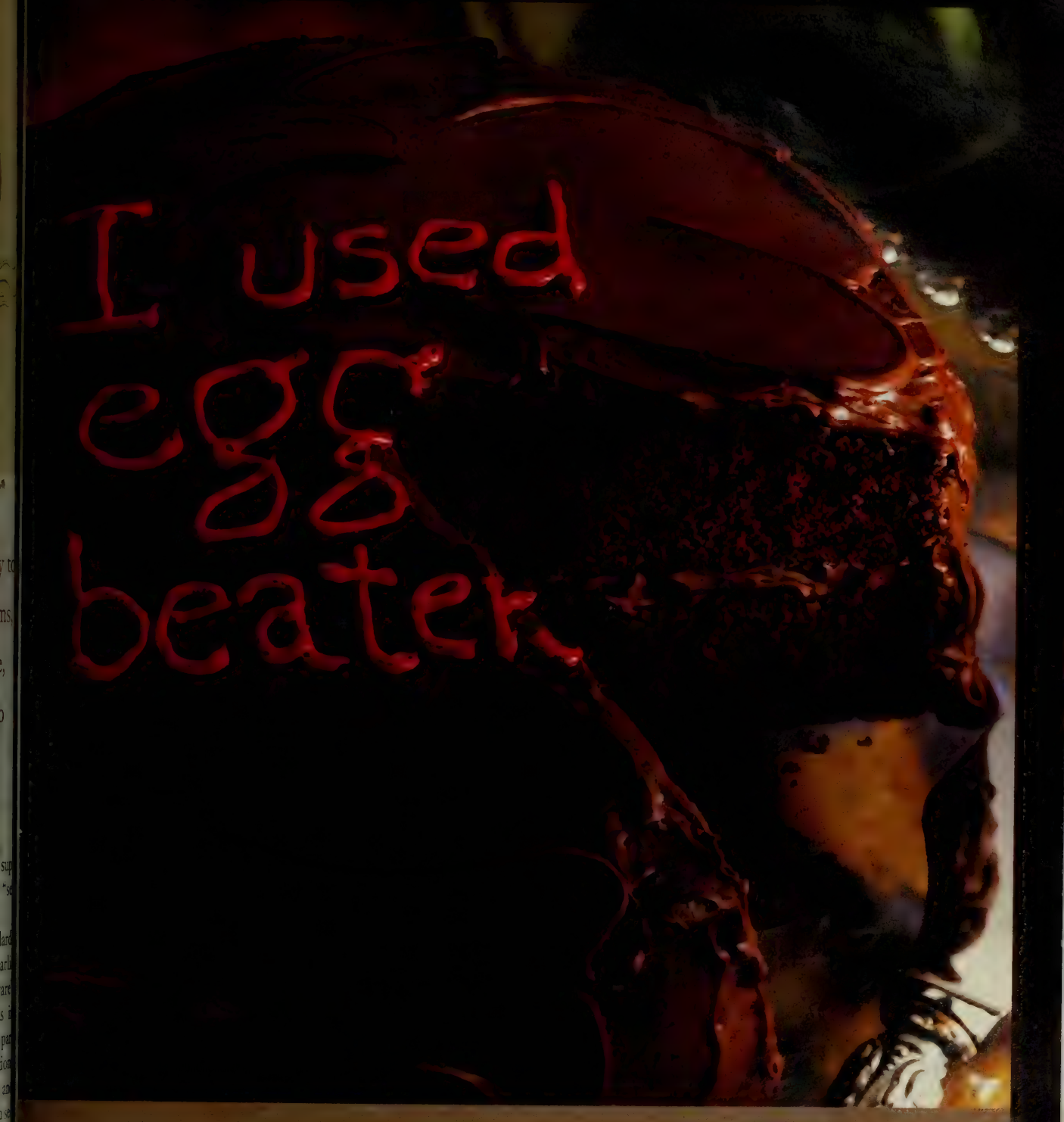


Garlic has been credited with an ability to destroy microorganisms, combat heart disease, increase resistance to cancer, and lower cholesterol.

A Gentle Whiff of Garlic

In Eastern Europe, garlic had a reputation for fending off vampires, witches, and other evil spirits. Today, we know it also fends off dates. The human nose is extraordinarily sensitive to the very types of compounds formed when we digest garlic. The pungent aroma is primarily due to the compound allicin, which also provides most of garlic's medicinal benefits. Garlic odor comes as the herb's components disburse throughout the body. Once in the lungs, these compounds give rise to the all-too-familiar "garlic breath." When the components reach the skin, garlic odor becomes noticeable in perspiration, which is why brushing your teeth or taking breath mints does little to hide that garlic smell.

To allay garlic breath, you need to send other aromatic compounds along its trail: Eating fresh parsley, mint sprigs, or citrus peel significantly reduces garlic breath's impact. Also, slow-roasting garlic renders it less offensive once eaten. To make roasted garlic, peel outer, dry layers of several garlic heads, leaving bulb intact. Rub whole garlic heads with a little bit of olive oil. Place in a baking dish or garlic roaster; bake, covered, in a 400° oven for 30 minutes or till cloves feel soft when pressed. Let cool; using a serrated knife, cut tops off roasted heads and squeeze to remove roasted pulp. Spread on bread, toast points, crackers, and bagels. Or, mix into mashed potatoes, sauces, pasta dishes, or dressings.



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1. Preheat oven to 350°F.
2. Mix first four ingredients at low speed until moistened.
3. Beat 2 minutes at high speed. Pour into 2 greased 9-inch round cake pans.
4. Bake for 25 minutes or until done. Cool completely and frost.

Makes 12 servings. Nutrition Information per serving: 323 calories, 8 g total fat, 3 g saturated fat, 0 mg cholesterol, 288 mg sodium.

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Martin with grandfather Charles Duncan, Material Handler, Post Cereals Modesto, CA





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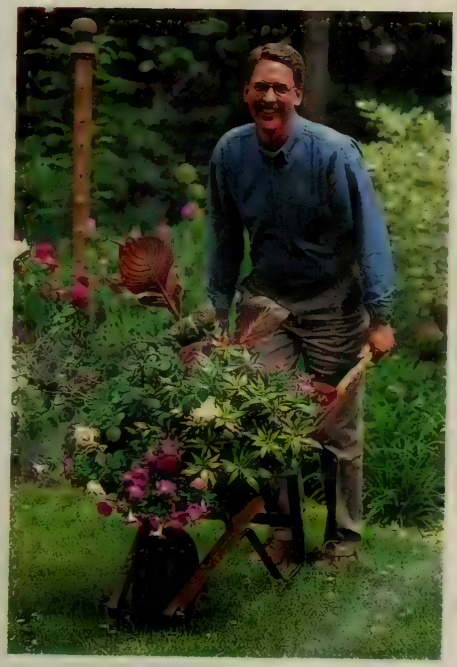
Squat Is Hot
Always purchase short stocky plants, not tall flowering ones. The fuller plants will establish in your garden quicker and better than spindly ones. And they'll be tall soon enough. From the pairs pictured here, pick the filled-out marigold (*far right*) and the shorter gloriosa daisy (*below, left*).



garden-savvy shopping

by Craig Summers Black

Brand-spanking-new flowers are no bargains if they're soon pushing up daisies. As you tour garden centers this spring, keep in mind a few tricks of the trade—little tips (with large implications) that can ensure your flowers will have a future. Time spent shopping can save you time rebuying and replanting. And, of course, it can save you money.



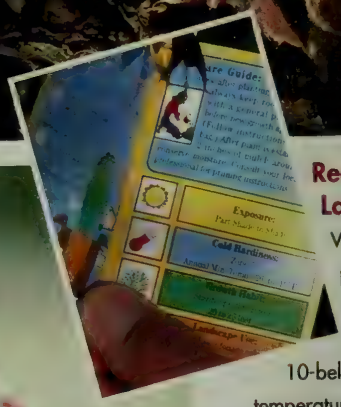
continued on page 84

garden-savvy shopping



Bad Begonias

Little wax begonias in cell packs like this sometimes develop diseases when sitting close to each other on the bench without ample air circulation. These funky, fungusy plants probably never will recover. Skip them. There is always another begonia at another nursery.



Read the Label

Why buy a plant that can take only 10-below-zero temperatures if winter routinely gets to 20 below in your neck of the woods? And why plant a shade plant in the sun?



Bug's-Eye View

This cutaway was provided by a hungry bug. The situation is not terminal—just snap the flower head off. Make sure, however, to check the rest of the plant—yes, the whole plant, not just the flowers—for signs of six-legged life. Uninhabited? It's safe.

continued on page 86

Guess what's great even after the holidays?



Simply try adding *French's*® French Fried Onions to your everyday foods—to add a mild onion taste, a distinct golden touch, and a crispy crunch that your family will enjoy every time.

Easy Chicken & Vegetable Stir-Fry

Prep time: 5 min. Cook time: 10 min.

•1 lb. chicken strips • 21 oz. pkg. teriyaki stir-fry frozen vegetable combination* • 1 1/3 cups *French's*® French Fried Onions • 3 cups cooked rice

❶ Heat **1 Tbsp. oil** in nonstick skillet; stir-fry chicken until browned, 5 min.



❷ Add vegetables; stir-fry until crisp-tender. Stir in contents of sauce packet; cook until hot.

❸ Microwave *French's*® French Fried Onions 1 min. Sprinkle over stir-fry. Serve with rice.

Makes 6 servings.

*Or substitute 4 cups frozen vegetables and 3/4 cup teriyaki stir-fry sauce.

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garden-savvy shopping



Knock It Out

This sunflower sat in its pot so long it ran out of room to grow. Its roots finally went round in circles. You might be able to save this plant by cross-cutting the bottom and prying open the roots, but it would be easier to buy a different sunflower. Carefully lift nursery plants from pots if you suspect they might be pot-bound.

garden-savvy shopping



It's Doomed

This oleander looks a little peaked, so take a closer look. You may find assassins. These little fuzzy white splotches are mealybugs, and the infestation is so bad that this plant is beyond saving. Pass on it. Even in less severe cases, keep infested plants "quarantined" while you treat them.



The Hamilton Collection. . .

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Mini Plate Collection

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"Deliverance"

"Morning of Reckoning"

Plates shown smaller than actual size of 3 5/8" in diameter

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The Mystic Warrior Mini Plate Collection is an exclusive tribute series. Subscribers will receive one pair of mini plates every other month beginning with "Deliverance" and "Morning of Reckoning," two magnificent portraits of brave warriors. A handsome display unit, crafted of richly grained hardwood and accented with tribal icons, leather and beads, will be included with the third set of plates.

Each miniature porcelain plate is issued in an edition limited to a total of 28 firing days, bordered in 24K gold, accompanied by a Certificate of Authenticity and backed by our 30-Day *100% Satisfaction Guarantee*. Submit your subscription today!

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Shown actual size of 2 ½" tall, 4" in diameter

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Expertly sculpted with meticulous attention to detail, "Heaven's Little Helper" is brimming with the distinctive touches that *Dreamsicles* collectors love. This stunning music box features a rendering of one of Kristin Haynes' most beloved figurines, and it offers a place to store your favorite keepsakes while it plays the delightful melody, "You've Got A Friend"!

What's more, as an owner, you'll be invited to preview new issues in the *Dreamsicles Special Friends* Music Box Collection, without any obligation. As always, your satisfaction is assured with our 30-Day *100% Satisfaction Guarantee!* Submit your order for "Heaven's Little Helper" today!

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gardener's almanac

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

Fragrance for February

Here's post-holidays greenery to lift your spirits as you're preparing to hunker down for the worst of winter. *Jasminum polyanthum* is a climbing form of jasmine that makes a striking houseplant—and it is especially, and sweetly, fragrant. Its cascading form makes it suitable for a hanging container, although its shrubby nature keeps it quite content in a pot. A little trellis in a floor pot will hold many of the delicate blossoms closer to you.

This is a vigorous plant that likes it cool and bright. It blooms as early as six months, so you don't have to buy a big expensive plant. Prune after blooming. For now, just take a deep breath.



Miss the holiday season's scented greenery? Plant a jasmine and take a whiff of the subtropics.



TEST GARDEN TIP

The Edging Annual That Thinks It's a Trailer

The Crystal White zinnia was introduced last year, winning an award from the All-America Seed Selections for its ease of cultivation and workmanlike front-of-the-border characteristics. So the *BH&G*® Garden Guys thought we'd put it to the test in another manner—in an outdoor container. Lo and behold, it worked! Crystal White's low-growing attributes are accentuated in a pot, making it overflow the container, cascading rather handsomely. We'd use it in a mixed container as well, substituting it for less showy trailers such as alyssum.

continued on page 92

Heavy Isn't Healthy.

Excess weight can be associated with certain health conditions.



Purina® Fit & Trim® brand ADULT DOG FOOD is one of the leading weight management foods for dogs, with 15% fewer calories, 33% less fat and 33% less salt than the leading dry dog food — plus a taste dogs love. Veterinarians recommend Fit & Trim to help dogs lose weight. And you'll find it's ideal for weight maintenance once your dog has trimmed down.

Monitor your dog's weight monthly by giving him the Purina® Fit & Trim® Rib Check® test. Put your thumbs on his backbone, with both hands on his rib cage. If you can't easily feel his ribs, your dog probably needs to lose a few pounds. Before you start your dog on any weight management program, consult your veterinarian.



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continued from page 90



Better and Brighter

Harvey Schulz lived in a world of blurry grays until his cataracts were removed. When his vision improved, so did his outlook on gardening. "I could see bright colors," he says. "When the bandages came off, the first thing I noticed was the beautiful color of the carrots in my salad. I never knew that orange was so bright!" Now he and his wife, Patsy, plant traffic-stopping colors outside their bright yellow house in West Linn, Oregon. "Obviously, we love yellow," says Harvey. "We may start out the year with a gardening plan, but then we get to the nursery and walk up and down the aisles and end up picking the bright colors that we love." Says Patsy, "Since Oregon is so gray so much of the time, we love to see the yellow of marigolds and sunflowers." Harvey doesn't seem to mind that gray so much these days. "I'm probably the only man in Oregon who is delighted to actually be able to see rain falling."



Begonias and coleus spill over a terraced flower bed. The Schulzes love a bold mix of marigolds, zinnias, asters, and cosmos. And the couple isn't afraid of mixing pink and purple with orange and yellow.

continued on page 94

SAND, CAT HAIRS, DUST, AND EVEN DUST MITES, NOTHING GETS BY MY 8-POUND ORECK XL.



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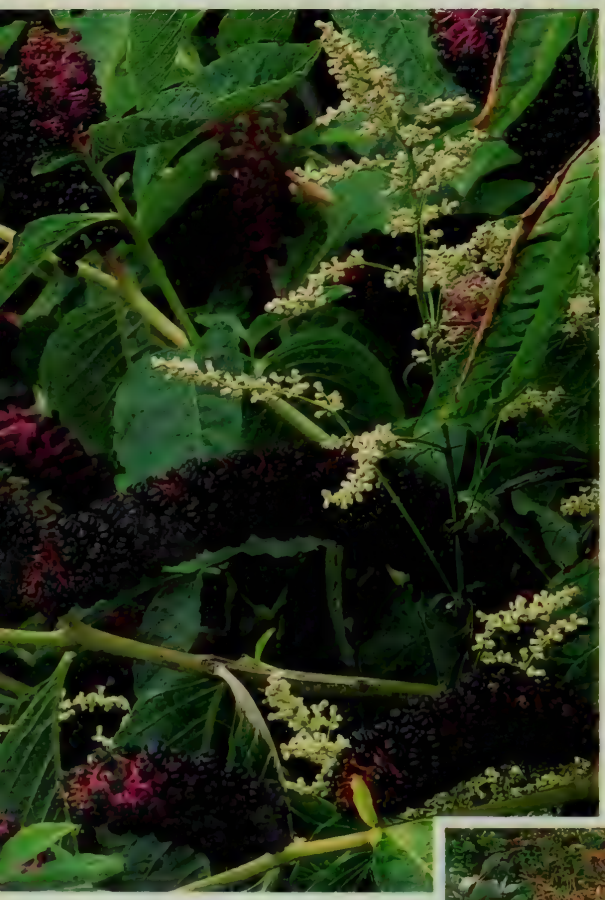
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PERFECT PAIRS



◄ Dear white blossoms of mountain rock cress (*Arabis alpina caucasica* Flore Pleno) bob around the large, cupped and puckered, silver-blue leaves of *Hosta Sieboldiana* Elegans.

Even in a metaphorical world of garden companions, opposites attract. Tiny, frothy bubbles introduce themselves to grand blue salad plates (*above*) and fall in love. Seafoam sprays and royal burgundy columns "meet cute" amid a backdrop of chameleon leaves (*left*). And a golden explosion creates fireworks when it comes between parading purple passion and a silvered velvet touch (*below*). High drama? Yes, because these three garden scenes make vital use of plant silhouettes: the big paired with the small, the delicate with the rugged, and the lax with the spiked.



▲ This 4-foot-tall shrubby artemisia, *lactiflora* Guizhou, weaves its delicate panicles through the heavy fruit and changing colors of pokeweed (*Phytolacca polyandra*).



► An imposing grass, *Molinia caerulea* Variegata, parts a stand of rose-purple *Astilbe chinensis pumila* and towers over fuzzy lamb's-ears (*Stachys*).

Buying information, page 96

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FROM THE MAXWELL HOUSE CAFE

Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: HIGH-IMPACT ART

Page 19: wall coverings: (*upper*) CTC296; **(*middle border*)** CTC250B; **(*lower*)** CTC248—Seabrook Wallcoverings; 800/238-9152.

Page 20: wall covering, "Subtle Tones" (Grid Block), 340-8856—Essex Wallcoverings; 800/925-5825.

Page 22: wall covering, "Garden Life," GL07844—Eisenhart Wallcoverings Co.; for a dealer near you call 800/931-9255. **Posters**—The Art Store; 800/652-2225.

Page 24: wall paint (*left to right*): "Tuscany Blue," SW1761; "Zuni Turquoise," SW1741; "Sea Star," SW1739—Sherwin-Williams; for a store near you call 800/474-3794. **Retro phone**—Spiegel; 800/345-4500.

Page 27: wall paint, "Razzberry Fizz," SW1556—Sherwin-Williams (address above). **Poster**—The Art Store; 800/652-2225. **Bed linens,** "Lauriston"—Dan River, P.O. Box 225, Danville, VA 24543; 800/782-9568. **Wicker table,** 7570-28—Palecek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **All other items shown**—antique or discontinued.

ROUNDING UP MORE ROOM

Page 34: All-in-one compact kitchen appliances, "Marvel Convenience Unit"—Priority Appliance, 4229 E. Speedway, Tucson, AZ 85712; 800/749-9880. **All other items shown**—antiques or personal items.

SNEAKY STORAGE SPACES

Page 38: creel basket table, 745-801 (Green)—Universal Furniture; 800/776-7986.

Page 40: ottoman, D-319OT (7424, 75, E/2)—Drexel Traditional Upholstery; 800/916-1986. **Slipper chest,** 382-309, Vestiges Collection; **Peekaboo vanity and childhood mirror,** Betsy Cameron Collection, similar styles available—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293; for a dealer near you call 800/539-4636.

GARDENER'S ALMANAC

Pages 90–94: jasmine vine—White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Crystal White zinnia**—Park Seed Co., One Parkton Ave., Greenwood, SC 29647; 800/845-3369; free catalog. **Mountain rock cress**—Twombly Nursery, 163 Barn Hill Rd., Monroe, CT 06468; 203/261-2133; catalog $8. **Hosta sieboldiana Elegans**—Wayside Gardens, One Garden Ln., Hodges, SC 29695-0001; 800/845-1124; free catalog. **Guizhou artemisia**—Fieldstone Gardens, 620 Quaker Lane, Vassalboro, ME 04989; 207/923-3836; catalog $2. **Pokeweed**—Goodwin Creek Gardens, P.O. Box 83, Williams, OR 97544; 800/846-7359; catalog $1. J.L. Hudson Seedsman, Star Rt. 2, Box 337, La Honda, CA 94020; no phone orders; catalog $1. **Molinia caerulea Variegata**—Heronswood Nursery Ltd., 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $4. **Astilbe chinensis pumila**—We-Du Nurseries, Rt. 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. **Lamb's-ears**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

BRINGING IMPROVEMENTS HOME

Pages 112–113: windows, "Narroline"—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232. **Skylights**—Velux Roof Windows and Skylights, P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831.

Pages 114–115 (*top left*): rug—Karastan, P.O. Box 12069, Calhoun, GA 30703; 800/234-1120. **(*Bottom left*): armchairs and ottoman**—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293-1008; 800/544-4694. **(*Right*): windows,** "Narroline"; French doors, "Frenchwood"; **elliptical transom**—Andersen Windows, Inc. (address above). **Ceramic tile**—Associated Tileworks, LLC, 1901 Rutland, Austin, TX 78758; 512/835-8453. **Wicker and wrought iron furnishings**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Pages 116–117 (*top left*): countertops, "Glacier White"—DuPont Corian Customer Response Center, Barley Mill Plaza, P.O. box 80012, Wilmington, DE 19880-0012; 800/426-7426. **Light fixture**—Minka-Lavery, 1151 W. Bradford Circle, Corona, CA 91720; 800/221-7977. **Cabinets**—Aristokraft, Inc., P.O. Box 420, Jasper, IL 47547-0420; 812/482-2527. **(*Bottom left*): light fixture**—Designers Fountain, 20101 S. Santa Fe Ave., Rancho Dominguez, CA 90221; 800/228-6197. **(*Top right*): glass-panel door**—Pease Ind., Inc., 7100 Dixie Hwy., Fairfield, OH 45014; 800/883-6677. **(*Bottom right*): whirlpool tub,** "Portrait"—Kohler Co., Kohler, WI 53044; 800/456-4537. **Towels**—Fieldcrest; 800/841-3336. **Fabric for valances and bench cushion**—Liz Claiborne Inc., 1441 Broadway, New York, NY 10018.

Pages 118–119 (*top*): paint—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115; 800/221-4100. **(*Bottom left*): delft tile**—Veldheers Tulip Gardens, Inc., and DeKlomp Wooden Shoe Factory, 12755 Quincy, Holland, MI 49424; 616/399-1803. **Crewel fabric for window treatment**—Shama Imports, P.O. Box 2900, Farmington Hills, MI 48333. **Paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115; 800/221-4100. **(*Right*): fabric for window treatment**—The Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036; 212/642-8700. **Antiques**—Butch's Antiques, 330 W. Pleasant St., Freeport, IL 61032; 815/233-4437.

Pages 120–121 (*left*): windows—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **(*Left*): ceramic fruit bowl in front of shelving** (Ivory)—Stems, 8714 Pacific St., Countryside Village, Omaha, NE 68114; 402/399-8003. **Framed artwork in shelving cutout,** "Sienna" **mixed media on paper; large artwork piece on mantel,** by Mary Catania Murphy—Anderson O'Brien Gallery, 8724 Pacific St., Countryside Village, Omaha, NE 68114; 402/390-0717. **Woven wicker cases stacked on floor**—Pier 1 Imports (address above). **(*Right*): chairs at island**—Crate & Barrel; for store locations call 800/451-8217. **Recessed lights**—Juno Lighting Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068. **Granite countertops** (Violleta Brown)—Universal Terrazzo, 4225 Florence Blvd., Omaha, NE 68110-1636; 402/451-3400. **Sinks**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523. **Faucet on island**—Moen Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Faucet in kitchen sink**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280; 800/345-3358. **Microwave**—GE Appliances, GE Answer Center; 800/626-2000. **(*Right*): small artichoke ceramic plaque**—Stems (address above). **Hard-anodized cookware**—Calphalon Corp.; 800/809-7267. **Copper basket with breads,** "Pear Basket"; **copper fruit and vegetable stand,** "Cucina Stand"; **two-tier copper stand with colored peppers,** "Entree"—Dover Metals Co., 4768 Hwy. M-63, Coloma, MI 49038; 616/849-1411. **Assorted framed fruit prints**—Pier 1 Imports (address above). **Commercial cooktop**—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649;

800/735-4328. **Range hood**—Vent-A-Hood Co., P.O. Box 830426, Richardson, TX 75083-0426. **Ovens**—Jenn-Air, 403 W. Fourth St., N, Newton, IA 50208; 800/536-6247. **Chairs at table**—Spiegel, Inc., 1040 W. 35th St., Chicago, IL 60609-1494.
Page 122: windows—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552.

STARTING OVER WITH STYLE
Page 125–132: birdhouses and dollhouses—available from Hopscotch Kids (Claudia J. Rowan, owner), 352 Miller Ave., Mill Valley, CA 94941; 415/381-9858. **All other items shown**—antique, discontinued, or a personal belonging.
Page 125: bicycle, Schwinn reproduction—Mill Valley Cycleworks, 369 Miller Ave., Mill Valley, CA 94941; 415/388-6774.
Page 127: round table and chenille throw—Summer House, 21 Throckmorton, Mill Valley, CA 94941; 415/383-9431.
Page 129 (*top*): hand-painted stemware—Surroundings, 1710 Sunset Blvd., Houston, TX 77005; 713/527-9838. **Painted tin flowerpots**—Summer House (address above). **(*Bottom*): photograph, San Miguel window**—Claudia J. Rowan by Design; 415/380-8501.
Pages 130–131 (*left*): diamond pattern blanket—Summer House (address above). **(*Right*): blue pots**—Crate & Barrel; 888/249-4155. **Deck furniture,** "Devon" (Teak)—Smith & Hawken; 800/776-3336.

FAMILY FRIENDLY ADDITIONS
Pages 136–137: sink—Kohler Co., Kohler, WI 53044; 800/456-4537. **Solid-surface countertops,** "Gibraltar"—Wilsonart International, 2400 Wilson Pl., Temple, TX 76503; 800/433-3222. **Paintings above fireplace**—The Home and Garden Shop, 1578 W. Lewis St., San Diego, CA 92103; 619/297-4230. **Chairs at breakfast bar, brown vase on coffee table**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 44120-7044; 800/922-5507. **Cabinetry**—Holland's Custom Kitchens, 14511 Olde Hwy. 80, El Cajon, CA 92021; 619/443-6081. **Range**—Viking Range Corp., 111 Front St., Greenwood, MS 38930. **China**—Portmerion Ltd., 320 Valley Rd., Easton, CT 06612. **Place mats, green bowl**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.
Pages 138–139 (*left*): doors and windows—Marvin Windows and Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128. **(*Right*): oven, refrigerator**—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Microwave**—Magic Chef, Inc., 3035 N. Shadeland Ave., Indianapolis, IN 46226; 800/536-6247. **Faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108. **Table and chairs**—Room and Board; for store locations contact: 4600 Olson Memorial Hwy., Minneapolis, MN 55422; 800/486-6554.
Page 140: light above table, "Paulson"—International Design Center, 100 Second Ave., N, Minneapolis, MN 55401; 612/341-3441. **Pillows on window seat**—Depth of Field, 405 Cedar Ave., Minneapolis, MN 55454; 612/339-6061.

HOMESPUN FAVORITES WITH FLAVORS FROM AFAR
Page 143: small soup/pasta bowl, "Cucina Fresca"—Vietri, P.O. Box 460, Hillsborough, NC 27278-0460; 800/277-5933.
Page 144: crystal wine glass, "Flavia"—William Yeoward Crystal, available at Bergdorf Goodman, 754 Fifth Ave., New York, NY 10021; 212/753-7300.
Page 146: dinner plate, "Laurel Leaf" Mochaware Reproductions—Winthrop & Swann, 321 Pine St., Philadelphia, PA 19106; 215/923-0882.
Page 147: salad/dessert plate, "Blue Wave" Mochaware Reproductions—Winthrop & Swann, 321 Pine St., Philadelphia, PA 19106; 215/923-0882.
Page 148: crackle shallow bowl—Daniel Levy Studio, 155 W. 29th St., #3N, New York, NY 10001; 212/268-0878.
Page 150: salad/dessert plate, "Carcassonne"—Charme Rustique, 3 Claremont Rd., Bernardsville, NJ 07924; 908/221-1088.

HOMEMADE WITH LOVE
Cover and page 172: mint julep cup—Kirk Stieff Collection through Lenox Brands; 800/784-3339. **Sheer red ribbon**—Midori, Inc.; 800/659-3049.

READER SHOPPING
Page 158: Mandoline Slicer—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.
Page 194: The Best Holiday Crafts Ever—Millbrook Press, 2 Old New Milford Rd., Brookfield, CT 06804. **Star Light, Star Bright Snowmen Sampler Kit**—Banar Designs, 431 S. Main, Fallbrook, CA 92028.

Architects & Designers

ROUNDING UP MORE ROOM
Page 30: architect—Chuck Albanese, Albanese-Brooks Assoc. PC, 5232 E. Pima, Tucson, AZ 85712; 520/881-4512. **Landscape designer**—Wendy King, River Road Nursery, 2450 E. River Rd., Tucson, AZ 85718; 520/577-6255.

BRINGING IMPROVEMENTS HOME
Pages 112–117: architect—Jim Cardillo, Cardillo Design Assoc., 910 Sheraton Dr., Ste. 220, Mars, PA 16046; 412/776-4450. **Builder**—William M. Hartle, Hartle & Sons Construction, 1794A Locust Rd., Sewickley, PA 15143; 412/741-4538. **Landscape design**—Terrific Turf, 104 Petunia Ave., Pittsburgh, PA 15229; 412/734-3078. **Interior design**—Pat Wivell Designs for Living, 200 Olde Camp Horne Rd., Pittsburgh, PA 15237; 412/766-7210.
Pages 120–122: architect—Curtis A. Field, 806 South 120th Ave., Omaha, NE 68154; 402/697-5072.

STARTING OVER WITH STYLE
Pages 125–132: interior design—Claudia J. Rowan by Design; 415/380-8501.

FAMILY FRIENDLY ADDITIONS
Pages 135–137: interior designer—Janie Thierry Brown, ASID, Janine Brown Interiors, 1578 W. Lewis St., San Diego, CA 92103; 619/297-4411. **General contractor**—J. Brown Construction, 1578 W. Lewis St., San Diego, CA 92103; 619/297-4612.
Pages 138–140: architects—Sarah Susanka and Steve Mooney, Mulfinger, Susanka, Mahady & Partners, Inc., 43 Main St., SE, Ste. 410, Minneapolis, MN 55414; 612/379-3037. **Landscape architect**—Alan Whidby Landscapes, 6125 Blue Circle Dr., Minnetonka, MN 55343; 612/938-6116. **Contractor**—Reuter Construction, 17 E. Elmwood Pl., Minneapolis, MN 55419; 612/823-3489. **Interior design**—Pam Enz, Tangible Space Interior Design, 417 Int'l. Market Square, Minneapolis, MN 55403; 612/359-4995.

EDITOR'S NOTE: We inadvertently left out the following sources from our November 1997 story.
DESIGNED FOR THE VISTA
Page 201: closet shelving—Kitsap Closet Systems, P.O. Box 936, Poulsbo, WA 98370. **Garage door installation**—Doorman Service Co., Inc., 404 N. Railroad Ave., Kent, WA 98032; 888/366-7626. **Garage door opener**—The Genie Co., 22790 Lake Park Blvd., Alliance, OH 44601; 800/654-3643.

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How America Adapts

New looks in two-way front yards





Passersby see a filtered view of the house, with a beautiful sweep of color and a young red maple hinting of more privacy to come. Other tall plantings include lavateras and roses.

by Craig Summers Black

The two-way trend is taking hold. More and more homeowners are putting a waist-high patch of flowers out front to give themselves more privacy, letting them use this formerly exposed site almost as much as they use their backyard. Valerie Perry's garden (*left* and *above*) in Keizer, Oregon, is a classic two-way. She takes it one step further, not only reducing the lawn area, but replacing it—with a mix of grass, yarrow, clover, and low-growing daisies. It needs less water and less mowing, allowing her more time to play.





Two-way front yards

A TWO-WAY TWIST.

Hidden behind a colorful border garden by Virginia Nelson and Mark Andrews' house is a raised, stone planting bed filled with even more flowers. This wonder wall defines an airy outdoor room. The seating area, like all two-way gardens, affords privacy and a flower-filled view. The family likes to have breakfast in their Coronado, California, front yard, even on weekdays.

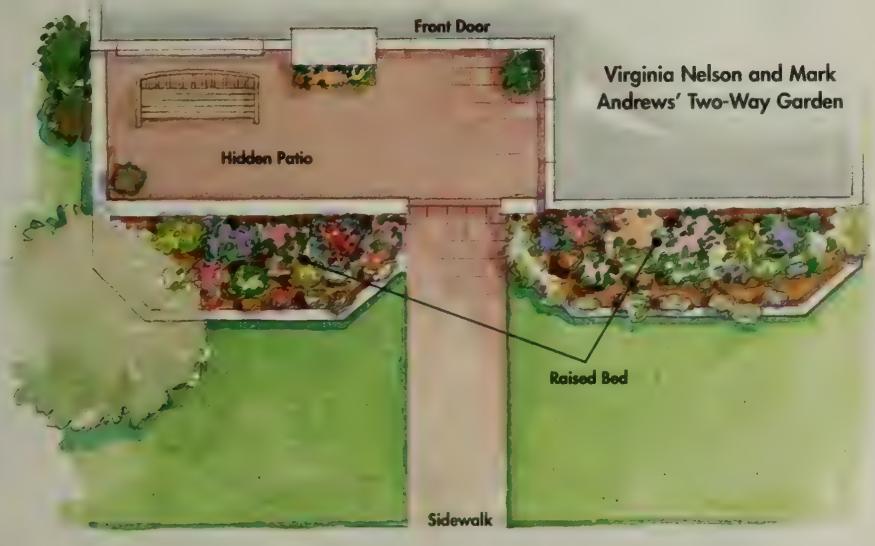




Now you see it (*left*): Virginia says they added the elevated beds "to soften the front of the house and create an English/French effect in keeping with the house." Mark enjoys reading the paper out front. Son Nick enjoys being a kid.

Now you don't (*above*): From the street, the seating area is invisible. What is visible are gorgeous plantings of foxglove, delphinium, and calla. With garden designer Polly Jones, the couple wove nine rose varieties into the garden.

A dipladenia vine and a large gardenia guard the door of the couple's home and heighten the impact of the garden's pastel palette. Large bursts of color are easily visible from the street.





Susan's cheery new courtyard is a private little sanctuary. This colorful view (*left*) is seen from the side-yard path, but it is also what she views from her living room bay window.

Here is what the neighbors in Solana Beach, California, see (*right*): a charming cottage garden with an inviting entry awash in roses. Despite its established look, this garden is just two years old.



Susan Jasin's Two-Way Garden

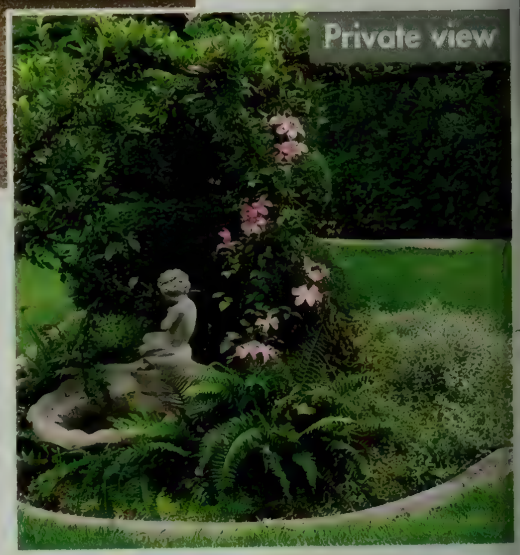
BEGINNER'S PLUCK. First-time gardener Susan Jasin did all the work herself on this romantic two-way front yard. Although she hammered out a plan with garden designer Linda Chisari, Susan did the soil work, planting, paving, and painting. She even put up the picket fence and arched arbor. Before, her driveway made her front yard akin to a bowling alley. After, she has framed views coming and going, flowers everywhere, and a quiet spot all to herself.



Two-way front yards

Elaine planned her two-way front yard by selecting large background plants first. "After all," she says, "we all know what a flower looks like, but what is going to show it off? I like to do a three-dimensional look."

This island flower bed (*below*) in Elaine's Corbett, Oregon, front yard is almost hidden from the street. "Using evergreens and perennials together provides the texture and interest I need to make the garden look inviting."





PEEKABOO. See-through fences can help define a two-way garden. Elaine Hutson uses a split-rail, with crab apples and azaleas to provide mass and privacy. She planted evergreens near the entryway "to be sure my guests weren't looking at mud half the year after the summer plants are gone." Elaine designed her garden to be best viewed from the house. You can't be outside all the time, you know.



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How America Adapts

by Joan McCloskey, William L. Nolan, Steven Mumford, Shawn Gilliam, and Joseph Boehm





bringing improvements home



The kids are bigger, the house has shrunk, the neighborhood's gone "citified," and the family's wish list has outstripped its budget. Time to move on? No way, say many Americans. Change is good, but so is hanging onto what's comfortable and familiar. Dealing with change by adapting their existing homes to new needs and lifestyles is paying off big-time for these creative, hardworking families, including the Inglises (*top left*), the Mariuccis (*top right*), and the Broughtons (*bottom right*), who each netted top honors in our Home Improvement Contest. Come see what strategies these three resourceful families adopted to make change a friendly force in their lives.





FRONT



Whole-House Winner

THE INGLISES, PITTSBURGH, PENNSYLVANIA

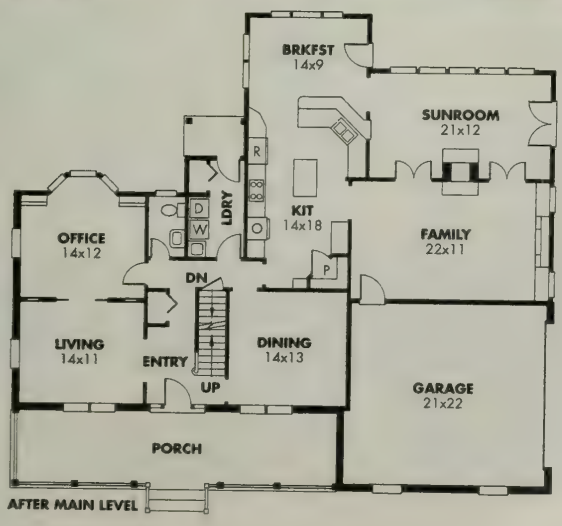
Thirteen years of change—and three growing boys—left Tim and Carol Inglis feeling cramped in their 1970s-vintage Colonial. Reluctant to give up their convenient, comfortable neighborhood, they vowed to stay put and remodel. A new veranda out front and three new room additions in back netted the livability and character they were after—and won them $10,000 as our Grand Award winner and $1,000 as Class A Whole-House winner.



BACK

Inspired by the porches that Carol remembers from childhood, the Inglises gave their '70s tract house a welcoming new face (*top left*) by adding a big veranda on the main floor. Entry sidelights and a new center gable on the roof accentuate the porch's country-homestead warmth, offsetting what had been a boxy two-story.

New rooms in back (*above*) open up the house to the yard and the woods beyond and give it a more interesting roofscape. The ground-floor additions include a breakfast nook and a sunroom; new space upstairs expanded the master bath. The old living room became two spaces (*right*): a home office and a small formal living room.



AFTER MAIN LEVEL



One goal of the remodeling was to carve out a space for Tim, a partner in an accounting firm, to catch up on paperwork, and for the boys to practice their computer skills. (Oldest son Dan, 15, sketched their remodeling project on his computer.) The solution: divide the old living room in half. The back half became a comfy, cherry-paneled home office (*left*) that overlooks the backyard and the woods through a big new bay. "We never used the living room," says Carol. "It was like a museum for our 'good' furniture." A new doorway connects the office with the rear hall, which leads to the kitchen and sunroom. The front half of the living room is now a smaller living room.



Dark-stained beams and a cathedral ceiling trapped the family room (*left*) in a '60s time warp. To rescue it, the Inglises ripped out the beams and installed a tray ceiling. They also demolished the fireplace from the end wall ("It wouldn't draw properly," says Carol) and filled in that area with media storage cabinets. White walls and trim, a new window next to the cabinets, and recessed lighting in the ceiling add to the room's bright look. To stay within budget, Tim and Carol did most of the demolition work themselves, including ripping out all the old ranch-style trim throughout the house.

Whole-House Winner



Light fills the sunroom on all sides—even through the roof. French doors at one end open to the terrace, double-hung windows overlook the backyard, and two additional sets of French doors lead to the family room. White ceramic tile, white trim, and white wicker furnishings reinforce the room's sunny disposition.



What started the remodeling, says Carol, was skimpy counter space (only 6 feet) in the kitchen. "And the only place to store food was a wire rack Tim hung on the back of the basement door. From there, the whole project snowballed." By pushing out the rear wall (*above*) they gained an island and a larger eating area. White solid surfacing accented with blue tiles lends a crisp, tailored look. To keep costs down, the Inglises used stock cabinets.

Good morning, world! Windows on three sides set a sunny mood in the new breakfast room (*right*), which contains ample space to seat the whole family, plus room to spare at one end for a side-board. Vaulting the ceiling in this part of the kitchen made way for a handsomely proportioned Palladian window in the gable wall. Maple furnishings, country-style lighting, and walnut-stained wood flooring make the whole room feel warm and cozy even if the sun plays hard to get.

Whole House Winner

A gabled bump-out (*below*) houses the new master bathroom, which had measured a mere 5x8 feet. The extra 130 square feet accommodates a spa tub and a cushion-topped bench. Through big windows above the bench, Tim and Carol enjoy views of their backyard pond and the woods beyond. "What a pleasurable way to wake up each morning!" says Carol.

Pushing out the back walls of the house yielded room in the laundry (*right*) for a service door and a coat closet. Besides saving wear and tear on the front entry, the new door features full-length glass panels that grab light and make the room seem much larger. Here, as in the sunroom, white ceramic tile flooring and white walls and trim amplify the airy, open feel.







Restoration Winner

THE BROUGHTONS, FREEPORT, ILLINOIS



Yesteryear's treasures have fascinated Butch and Laurie Broughton since they attended antiques auctions as youngsters. "Those were the days when I'd buy something for a quarter," Butch recalls. Maybe money doesn't go as far as it once did, but creativity and perseverance sure do. That's how Butch and Laurie amazingly transformed a sad eyesore into a neighborhood showplace. Their sweat equity earned them $4,000 as Grand Award runner-up, and $1,000 as our Class A Restoration winner.



When Butch and Laurie Broughton bought a long-neglected 1857 Italianate home (*top right*), they saw cozy spaces begging to be revived. The restoration took three years to complete, but Butch and Laurie gradually brought back elements that had disappeared over time, such as porches on the first and second floors, a decorative widow's walk on the roof, and shutters (*top left*). They revamped the interior, too, sometimes including features that didn't exist before. In the dining room (*left*), a gas fireplace delivers toasty flames on cold winter days. Though you'd think it was always there, the entire fireplace is new and taps into an existing chimney that runs up from the basement.

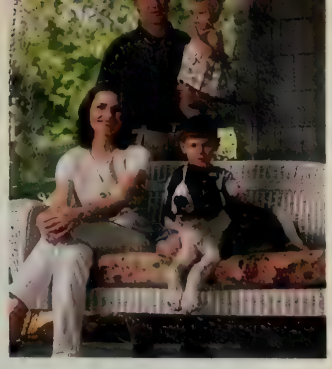
Butch made the fireplace treatment using paneling, molding, and delft tiles. The Broughtons treated the adjacent library (*right*) with just as much care. Beams, crown molding, and bookshelves highlight the once forlorn space. Instead of housing books, most of the shelves display Butch's antique toy collection. "I love all of my toys," Butch says. "This is a family room to us, and there's a television here so we can relax and enjoy it." As friends marvel at the restoration's lovely results, they assume a team of fine craftsmen did all the work. But Butch and Laurie can take pride in knowing they did it themselves on a shoestring budget, paying as they went along.

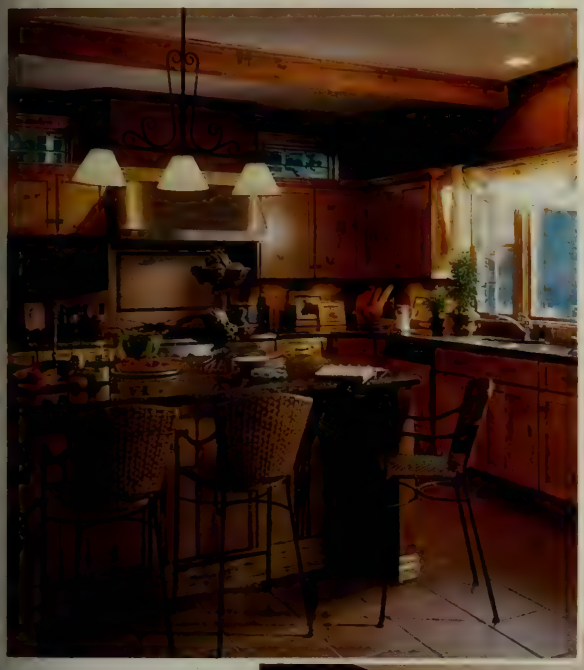

STRONGMAN



Additions Winner

THE MARIUCCIS, OMAHA, NEBRASKA





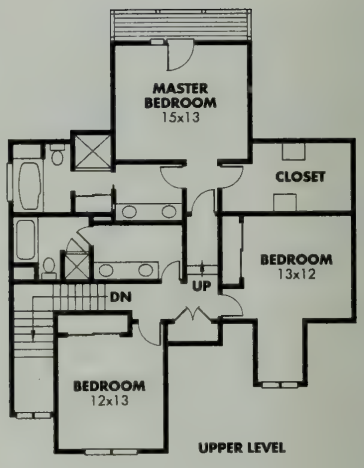
Many homeowners wait until their families start to outgrow the house before they consider adding on. Not Suzanne and Steve Mariucci. They planned ahead. With their son Anthony still a toddler and their daughter Gabrielle not yet born, the couple decided to add rooms they knew they'd need. "We waited for more than a year to find a house in this area," says Suzanne of their Omaha, Nebraska, neighborhood and its towering trees, quiet streets, and top-notch school district. "There's no way we'd want to leave." Their large-scale project won them $1,000 and first prize in our Additions category.

Plenty of sunlight, rich paint colors, and the warm wood tones of the cabinets allowed Suzanne to specify hard surfaces, such as granite countertops and tile floors, without worrying that they'd make the kitchen feel chilly. Front and center, the large work island is a perfect place to feed kids—crumbs and spills can easily be washed down the undermounted sink.

The new family room (*left*) is the center of Suzanne and Steve's living space. "We wanted the room to be casual and cozy; a place where the kids could play and the family could spend time together," says Suzanne. With its strong connection to the kitchen and a patio out back, the family room is also the place where guests can gather when the couple entertains.

Additions Winner

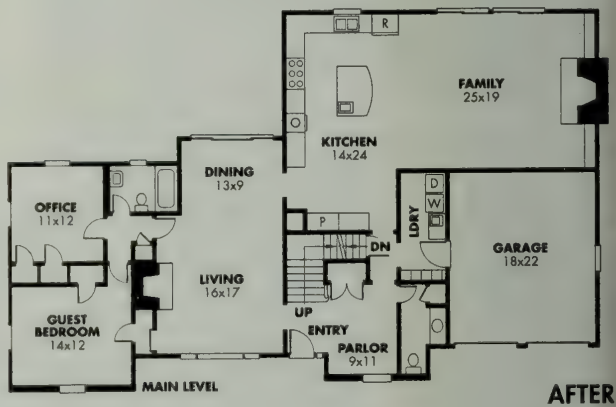




AFTER

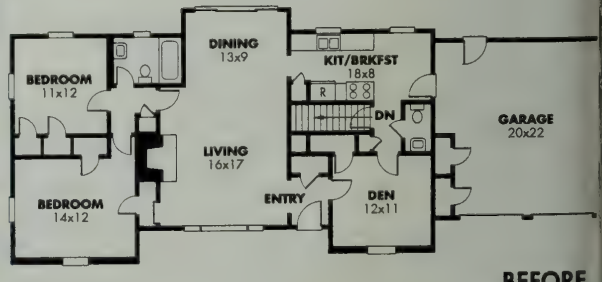
To make room for both formal and casual spaces, the Mariuccis added a second story to accommodate the bedrooms and bathrooms, which were judiciously tucked into dormers to preserve the home's ranchlike look (*above*). Along with the new indoor space, a patio (*below*) was added behind the family room to create a smooth transition to the backyard.

Main floor bedrooms were converted into a guest room and a home office, and the den up front became an entry parlor (see floor plans, *right*). Even though the family lives mostly in the added space, they wanted to keep their formal living and dining rooms. "They're great for when family and friends visit," says Suzanne, "but we spend most of our time in the new rooms."



AFTER





BEFORE

Buying information, page 96

Are you getting ready to bring improvements home to your house? If so, the remodeling project you have in mind could be a winner in our next Home Improvement Contest. Any project completed in 1998 is eligible, including those begun in a previous year. To request an entry packet, just clip and send in the entry coupon on page 43.

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Starting over with *Style*

No matter what the divas of daytime talk shows say, starting over after a divorce is daunting for anyone. But Claudia Rowan turned daunting into daring, finding a cozy home for herself and her children, Hamilton, 7, and Savannah, 5, and filling it with her spirit-lifting style. Her decorating advice? Put your heart before your head.

Buying information, page 97





by Rebecca Jerdee, Sharon Overton, and Carla Howard



Starting over with *Style*





Rose-patterned pillows visually link the living room furniture (*above*) and give the room cottage-garden charm.

In the family room (*left*), Claudia painted old wicker a porchy green, then paired the hue with shades of pink in pillows and upholstery.

With its clapboard siding, quaint front porch, and picket fence, the 1907 cottage just north of San Francisco felt like coming home for Connecticut-raised Claudia. "It was the most New England-looking house I found," she says. Claudia especially fell in love with the high ceilings and the way the sunlight streamed in through the front bay window. The clean, white backdrop showcases an assortment of wicker and metal furniture, quirky painted tables and chairs, birdhouses, quilts, pottery, and other collectibles. Claudia's furnishings fit her philosophy: If you surround yourself with things you love, you can always find a way to fit them all in.

Starting over with *Style*

New glass-front cabinet doors allow Claudia to display a collection of colorful pottery (*right*).



In the breakfast nook (*below*), a colorful tablecloth and sunlight-catching cobalt blue bottles pump up the palette.



When it comes to color, Claudia also believes in following her heart. For her, strong colors have an emotional as well as aesthetic appeal. Periwinkle blue kitchen cabinets (*left*) are cool and serene. By contrast, the rich red of the dining room walls (*right*) is stimulating. "It makes people hungry," she says. Large doses of white keep the energized palette from becoming overwhelming.

Often a candidate for major remodeling in older homes, the kitchen needed only cosmetic changes to suit Claudia's fresh, upbeat style. "It was a real '70s-style kitchen," she says, with cabinets made of almond laminate and oak trim. Instead of junking them altogether, Claudia simply revamped them with raised-panel, glass-front doors. She edged now-visible shelves with decorative wood trim and finished the cabinet tops with crown molding. Crisp white countertops and a green-and-periwinkle tile backsplash give the space some visual punch.

At the back of the kitchen, an airy breakfast nook is ideal for morning gatherings (*left*). Snuggling a table and chairs up to the built-in banquette makes the most of the intimate space. As in the dining room, Claudia plays up the differences of unmatched chairs by painting them in joyously compatible colors, then giving them



An old cupboard painted periwinkle blue (*left*) eases the transition from the dining room to the kitchen. Red walls set off a photograph by Claudia and old seltzer bottles.

an age-appropriate distressed finish. Dining room seat cushions are recycled from '40s and '50s tablecloths.

Despite a tight budget, Claudia found herself taking chances with this house in ways she never dreamed of before. "It was the first place I've had that was really mine. I got to do whatever I wanted," she says.

Starting over with *Style*



Doing her own thing means hanging purple curtains in the master bedroom (*above*), sleeping on lime green sheets, and parking a vintage toy truck at the foot of the bed—just for the sheer fun of it. Throughout the house, Claudia uses remnants of old quilts, table linens, and floral curtains to cover pillows and upholstery cushions. Birdhouses and antique toys grace tabletops and bookshelves. Old and new furnishings exist happily side by side. Common character traits make this personal mix successful: Colors have a similar intensity of hue, patterns are bold and crisp, and furnishings have a quirky yet stylish point of view.

Part of a 1985 addition, the master bedroom (*above*) and deck still capture the charm of the 1907 structure.

Sunny weather calls for alfresco dining on the deck (*right*), which also is accessible from the family room and the breakfast nook.



Starting over with *Style*



Like mother, like daughter: Savannah personalized her room with her own collection of horse statues. A quilt, made by her mother in the same jewel colors used throughout the house, graces the bed.

Collecting is no longer just a passion for Claudia; it has become her livelihood. She recently took another dare and opened a shop near her home where she sells toys, clothing, and furnishings that display her talent for spotting the charm in even the most humble objects. It's a knack she acquired at an early age going to yard sales with her mother. "Like anything else," Claudia says, "the more you do it, the better you get...The most important thing is to know yourself and collect what feels right for you."

Which is sound advice, whether one is hunting for antiques or starting a new life. ⌂

Here's more advice from Claudia on rediscovering your sense of style:

- **Take chances.** If your heart says purple walls but your head says beige, listen to your heart. "Think about making a statement that's just you," she says. Plus, paint is the easiest decorating mistake to erase if you change your mind.
- **Take charge.** "Don't let people talk you out of your ideas," says Claudia. Although some questioned her decision to paint the kitchen cabinets periwinkle blue, for her, the unexpected choice felt wonderfully empowering.
- **Take credit.** Within two weeks of buying her house, Claudia had created a comfortable home for her family. "That gave me a tremendous sense of satisfaction."

Buying information, page 97


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family friendly

additions





A HOUSE UNITED

No floor plan can create family unity, but building an inviting space that becomes everyone's favorite hangout can help. That's what Wendy and Randy Nash discovered when they added a family room and reconfigured their kitchen and casual eating space to make the three rooms function as one.

The couple also learned that careful design is more important than building big. They added just 200 square feet, but gained a fireplace, ample seating, and a kitchen with a breakfast bar.

by Steven Mumford



family friendly

additions



Not only are the kitchen and eating area open to each other, they also share a strong connection to the gardens outside. Tall windows in the family room (*far left*) provide panoramic views while French doors (*above*) offer access to the outdoors.

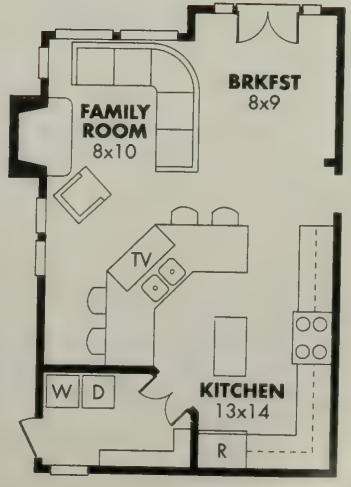


Since light hues dominate the wall and counter surfaces, Wendy was willing to take the plunge and specify colored cabinetry. The wood cabinets were stained a leafy green and distressed. They were then coated with clear lacquer for a finish that will stand up to everyday knocks, bumps, and spills.

Mending a fractured floor plan gave the Nashes common space where the whole family can gather to talk over the events of their busy days.

To make the most of the space, Wendy and Randy chose sectional seating that hugs the corner of the room. Instead of a conventional entertainment center, they built the TV into the kitchen peninsula, a space that otherwise would have been considered part of the kitchen (see plan, *right*). The cabinet doors close to leave the fireplace as the room's focal point.

But more important than clever storage and hard-edged function, this is a room for family—a place where everyone can gather, anytime, to enjoy one another's company.



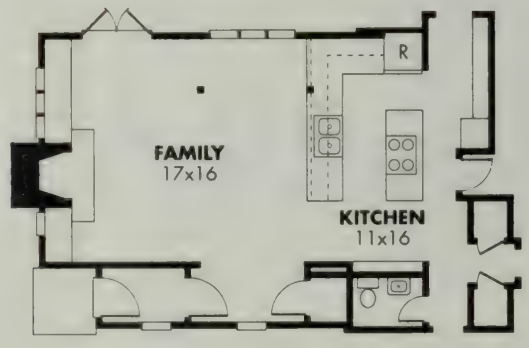
PHOTOGRAPHS: JOAN VANDERSCHUIT. INTERIOR DESIGN: JANIE THIERRY BROWN. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY

family friendly

additions



On warm days the Andersons enjoy their family room addition from the outside. The brick patio makes a perfect place for a backyard picnic.

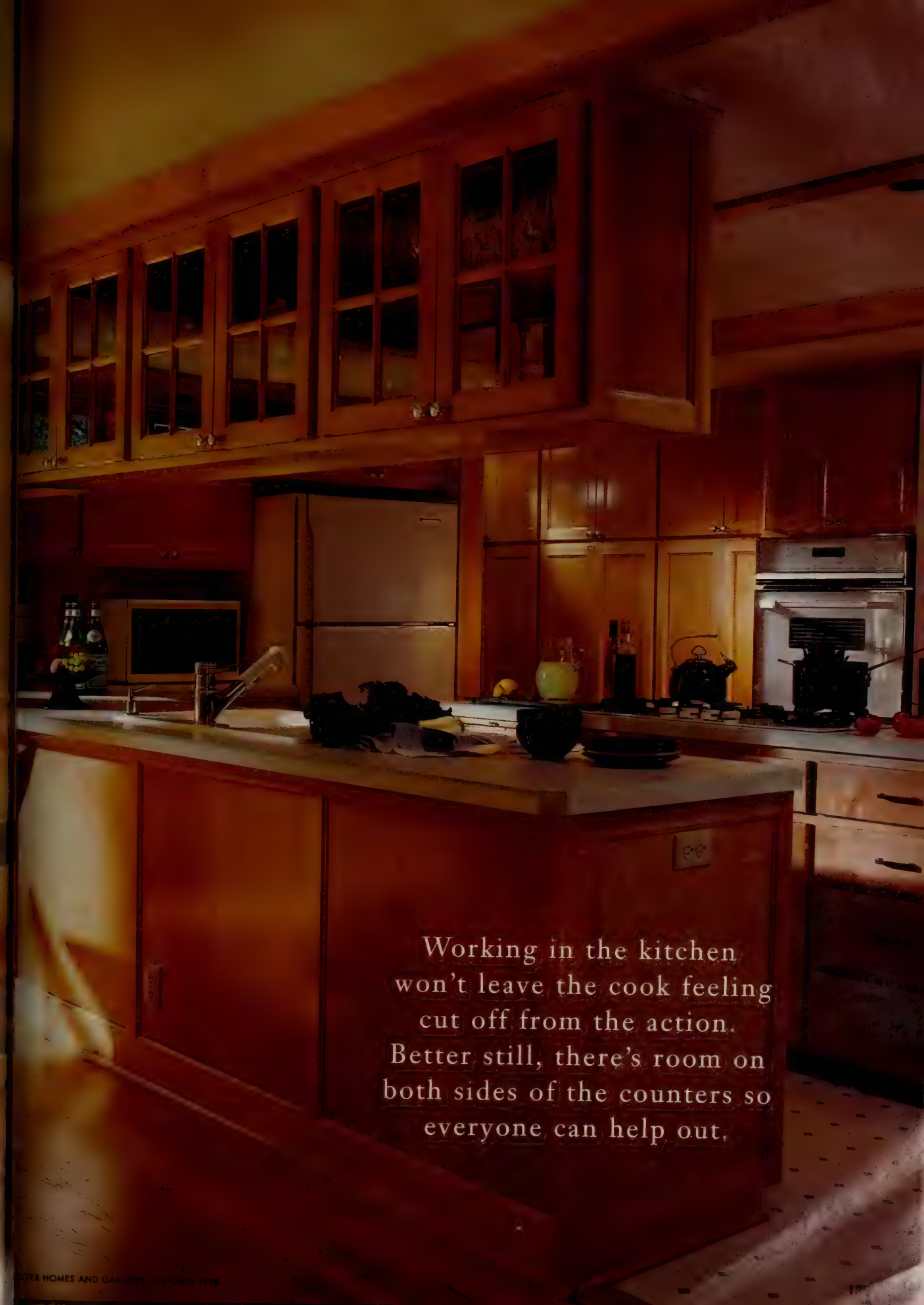


Combining the kitchen with the family room gave the Andersons a place to be together. Glass-front display cabinets (*right*) were hung high so they don't interrupt the cook's view from the kitchen.

KEEPING THE COOK CLOSE

No cook likes to feel cooped up in the kitchen while the family waits for a meal, but Becky and John Anderson had little choice. Their kitchen was too small for more than one person at a time, and it was cut off from any family living space. Too fond of their neighborhood to move, the couple added on. Now Becky, John, and daughter Amy enjoy time together before meals and sometimes even make cooking a family activity.

PHOTOGRAPHS: SUSAN GILMORE. ARCHITECTS: SARAH SUSANKA AND STEVE MOONEY. INTERIOR DESIGN: PAM ENZ. REGIONAL CONTRIBUTOR: LISA CICOTTE


Working in the kitchen
won't leave the cook feeling
cut off from the action.
Better still, there's room on
both sides of the counters so
everyone can help out.





A simple trellis supported by narrow, round columns was built to define the family room's entry point and to create a transition to the brick patio out back.

The addition is for more than just mealtime; it's the place where the Andersons spend the majority of their time at home. They can watch television or enjoy a fire together, or one of them might snuggle up on the window seat with a soft pillow and a good book. A soffit keeps the ceiling above the window seat low, making the niche feel extra cozy. It also defines the room's furniture groupings.

Looking at the addition from the outside is a joy, too, since it was carefully planned to match the home's existing exterior. Instead of designing the interior spaces first, Architect Sarah Susanka began with the roof. "Too often, people start with the floor plan and then try to figure out the roof; that's backwards if the addition is really going to fit the style of the house," she says.

Buying information, page 97



The all-new Mazda 626.

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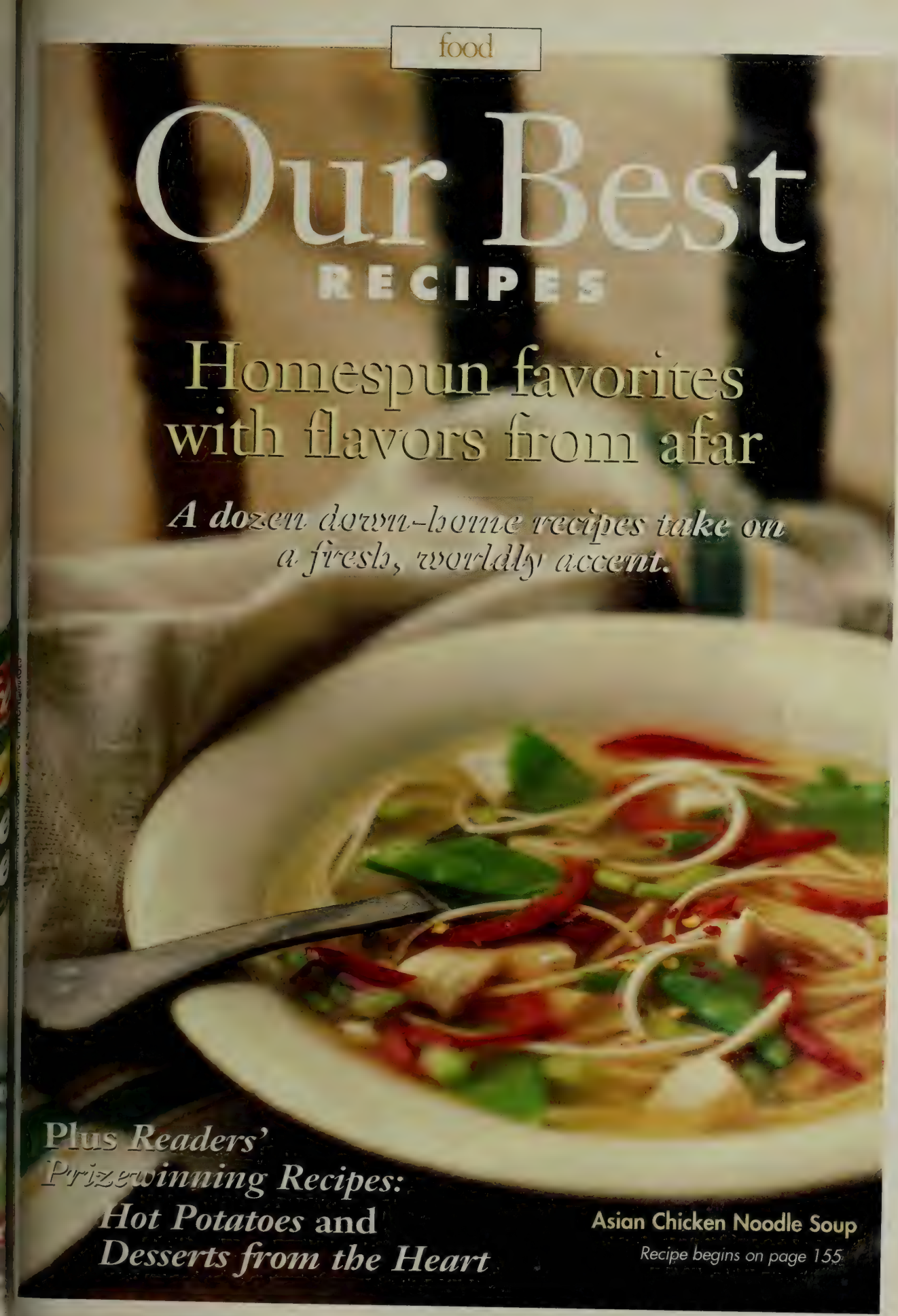
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with Bacon
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Our Best RECIPES

Homespun favorites with flavors from afar

A dozen down-home recipes take on a fresh, worldly accent.



Plus *Readers' Prizewinning Recipes:* *Hot Potatoes* and *Desserts from the Heart*

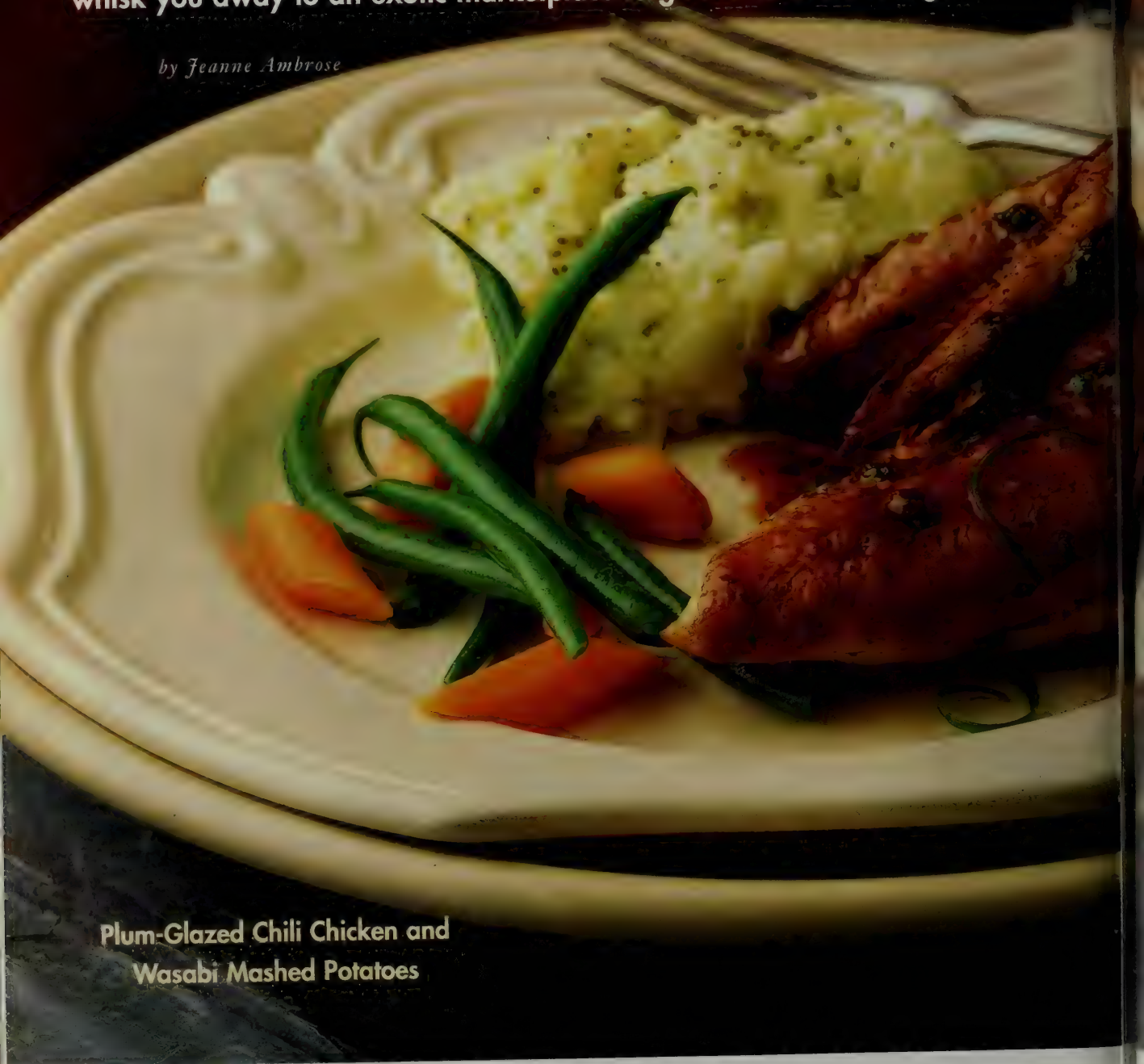
Asian Chicken Noodle Soup

Recipe begins on page 155

Homespun favorites *with* flavors from afar

A snazzy ingredient or two is all it takes to perk up familiar recipes. Inspiration is as close as your neighborhood grocery store or ethnic market. Our featured recipes will get you started. Or, let these snapshots whisk you away to an exotic marketplace to gather food for thought.

by Jeanne Ambrose



Plum-Glazed Chili Chicken and Wasabi Mashed Potatoes



Indonesian spice market

A sassy-sweet glaze of red chili paste and plum jam seals in every bit of flavor in this roast chicken (*far left*), while Japanese horseradish, called wasabi, takes mashed potatoes from subdued to sublime.

Each bite of this tender roast pork sandwich (*below*) yields a blast of tasty juices from a marinade made zippy with red curry paste. Top it off with a fresh-tasting celery-root slaw to make this a hearty meal.

Recipes begin on page 157



flavors from afar



Guava Barbecued Beef and Roasted Calabaza



Bangkok's floating market

Aztec Chocolate Flans

A drizzling of thyme-lemon butter is enough to make anyone swoon over a wedge of golden-orange calabaza (*left*), a shirttail cousin of winter squash, its better-known relative. Serve it alongside roasted beef eye of round brushed with a sauce of pineapple and guava, a fragrant fruit from the Tropics.

You'll savor each silky bite of this deliciously different take on a classic baked custard (*right*). The secret ingredient—Mexican chocolate—is created from toasted cocoa beans ground together with cinnamon, almonds, and vanilla.

Recipes begin on page 158

Peppercorns in Turkey



Vegetable Salad with Chipotle Vinaigrette

This veggie salad (*left*) full of black beans, corn, and jicama, could be nominated for a zest-dressed award thanks to its vinaigrette with chipotle peppers (dried, smoked jalapeños) in adobo sauce. Chipotle-flavored tostada chips add color and zip.

Crushed peppercorns in hues of red, green, white, and black peek from the pockets of succulent lamb chops (*right*) and add plenty of punch to this elegant-but-easy showpiece. Serve the chops with rosemary-laced yuca, a terrific root vegetable that's a good sub for spuds.

Recipes begin on page 164



Lamb Chops Au Poivre
Yuca with Garlic and Rosemary

Red Banana Upside-Down Cake

Red bananas and toasted coconut curls put a tropical tilt on an updated upside-down cake. Cream of coconut adds a richness to this homey dessert made even more special with a hint of ginger and allspice.

Recipe begins on page 166
Buying information, page 97



Thai banana boat



Hormel® Chili. Out of the bowl, it's out of control!

Throw a party that'll please everyone but the neighbors with house-rocking Hormel® Chili in Velveeta® Cheesy Chili dip.

Just microwave for 5 minutes, 1 lb. of Velveeta® Process Cheese Spread cut up, with 1 can of Hormel® Chili.



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Flavors from Afar

continued from page 150



Calabaza (kah-lah-BAH-zah): Spanish for squash, calabaza is also known as West Indian pumpkin. It ranges from cantaloupe- to watermelon-size and has deep orange-yellow flesh with a flavor similar to butternut squash. Prepare it as you would any winter squash.



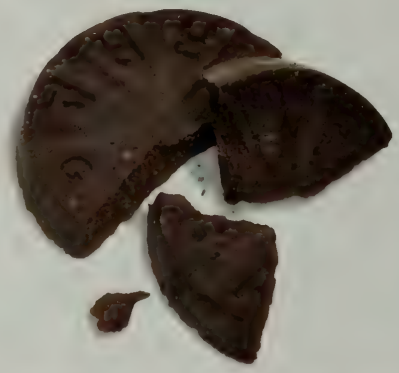
Celery root: Also known as celeriac, this tuber is cultivated especially for its gnarly-but-nice edible root. It has a mild celerylike flavor and a delightfully crisp texture. Purchase firm, small celery roots because the large roots tend to be woody and tough.



Chipotle (chi-POHT-lay) peppers in adobo sauce: Chipotles are dried smoked jalapeños, typically packed in an adobo sauce made of ground chilies and other seasonings. The combination of spicy adobo sauce with the distinctively smoky peppers makes a fabulous flavor booster for soups, sauces, and stews.



Guava paste: This thick gelatinlike paste, made of pulp from the tropical guava fruit, has a concentrated sweetness. The paste is typically packaged in a round, flat tin and is available in the gourmet or ethnic sections of grocery stores or in Latin American and Asian markets.



Mexican-style sweet chocolate: Long revered as the key ingredient in making incredible hot chocolate, Mexican chocolate starts with roasted cocoa beans ground together with cinnamon and sugar. Ground almonds may be added. The chocolate is often shaped into thick, round blocks scored in wedges. Find it in Mexican markets.



Mixed peppercorn blend: The spice sections of most grocery stores carry this mix of black, white, red, and/or green peppercorns. Black peppercorns have the strongest flavor; green ones are milder than black; and white peppercorns have a pungent, but subtle flavor. Red and pink "peppercorns" are not really peppercorns, but actually dried berries with a pepperlike spiciness.



Red bananas: These tropical fruits are popping up in more stores as they gain popularity. They are sweeter, shorter, and chunkier than the typical yellow Cavendish bananas you're used to seeing. Red bananas are best eaten, or used in cooking or baking, when the skin is a deep reddish-brown color.



Red chili paste: Red chilies, garlic, vinegar, and other seasonings typically fire up the flavor in this ground paste. The paste can be used as a condiment, like catsup, or stirred into dishes to give them a fiery boost.



Red curry paste: This spicy, salty blend gets its start from ground red chili peppers. The concentrated paste usually is seasoned with lemongrass, shallots, and garlic, along with fish sauce or shrimp sauce. Found in jars in most Asian markets, red curry paste can be used in place of curry powder when making curry sauces.

continued on page 154



L&P London Broil

Simply marinate a 2 lb. London Broil with 1/3 cup Lea & Perrins Worcestershire Sauce and 3 Tbsp. olive oil for 30 minutes. Broil 4-5 minutes on each side. Baste with extra marinade.



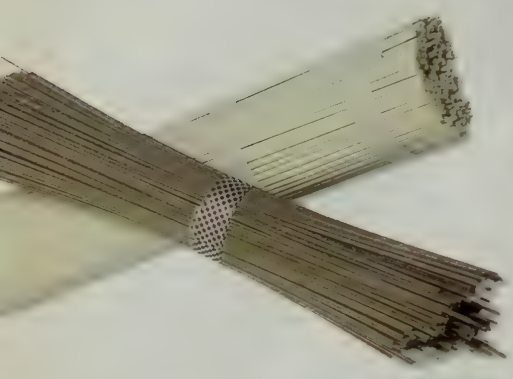
Tangy, robust Lea & Perrins Worcestershire Sauce tenderizes meat in a splash. Whether used solo or in concert with other ingredients,

IT'S NOT MARINATED IN LEA & PERRINS, SOMETHING'S MISSING.

it makes the marinade that makes the dish — which makes it the number one worcestershire sauce.

Flavors from Afar

continued from page 152



Udon (oo-DOHN) and soba (SO-buh) noodles: Japanese udon noodles are made from either wheat or corn flour, and are shaped round like spaghetti or flat like fettuccine. They're interchangeable with squarish soba noodles made from buckwheat flour. The noodles are available in Asian markets or in ethnic sections of grocery stores.

Wasabi (WAH-sah-bee): Also known as Japanese horseradish, wasabi packs a potent punch. The seasoning comes in two forms: a paste in a tube (like toothpaste), or a fine powder in a small tin or bottle. Both versions are greenish in color and zap the taste buds with a pungent, horseradishlike bite. When stirred into soy sauce, wasabi makes a flavor-packed dipping sauce. You'll find wasabi in the Asian sections of larger grocery stores or in Asian markets.





Yuca (YOO-kuh): This starchy root vegetable, also called cassava, is not to be confused with yucca (YUH-kuh), the tropical plant that produces white blossoms. The yuca root looks like an elongated potato and can be prepared like potatoes. Be sure to peel yuca's tough brown skin and to remove the woody center string before eating. Store yuca in a cool, dry place for up to 4 days.

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Asian Chicken Noodle Soup

Japanese udon and soba noodles often are traditionally cooked and served cold with dipping sauces. In this twist on tradition, we've added miso (MEE-soh)—fermented soybean paste—which is rich in flavor, protein, and B vitamins. Find refrigerated miso in health food stores or Asian markets.

Prep: 15 minutes Cook: 10 minutes

- 2 14½-oz. cans reduced-sodium chicken broth
- 1 cup water
- 3 oz. udon or soba noodles, broken in half (1 cup)
- 1 medium red sweet pepper, bias-sliced into bite-size strips (½ cup)
- ⅓ cup sliced green onions
- 1 Tbsp. white miso
- 1 tsp. grated gingerroot
- ⅛ tsp. crushed red pepper
- 1½ cups chopped cooked chicken or turkey



At an open-air Asian market, a noodle maker puts the finishing touches on his homemade specialty.

- 1 cup fresh snow pea pods, halved crosswise, or ½ of a 6-oz. pkg. frozen snow pea pods, thawed and halved crosswise
- Crushed red pepper (optional)

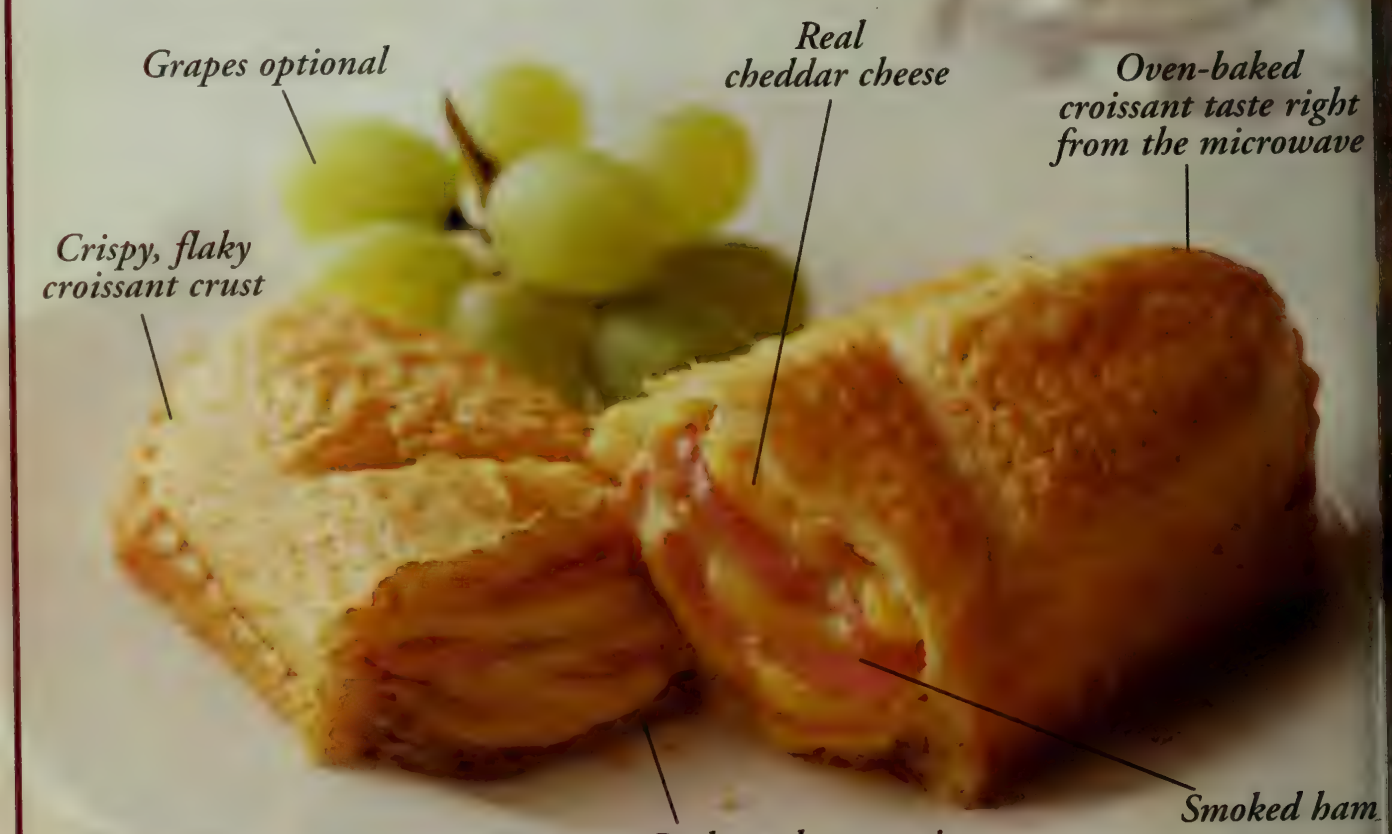
In a large saucepan combine broth and water. Bring to boiling. Add noodles. Return to boiling; reduce heat. Cover and simmer for 6 minutes. Stir in sweet pepper, onions, miso, gingerroot, and the ⅛ teaspoon crushed red pepper. Add chicken. Return to boiling. Reduce heat; simmer, covered, 3 minutes. Stir in pea pods. Simmer, uncovered, for 1 minute more or till pea pods are crisp-tender. Ladle soup into bowls. Garnish with crushed red pepper, if desired. Makes 4 servings.

Nutrition facts per serving: 225 cal., 6 g total fat (1 g sat. fat), 51 mg chol., 957 mg sodium, 22 g carbo., 2 g fiber, and 23 g pro. Daily Values: 16% vit. A, 75% vit. C, 2% calcium, and 13% iron.

continued on page 157

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Flavors from Afar

continued from page 155

Plum-Glazed Chili Chicken

This family-friendly dish gets a lift with a kicky sauce that includes red chili paste—a spicy blend of ground dried or fresh red chili peppers—and grated gingerroot. Add steamed vegetables and Wasabi Mashed Potatoes (see recipe, right) for a jazzed-up version of a comfy Sunday supper.
Prep: 10 minutes Bake: 45 minutes

- 2½ to 3 lb. meaty chicken pieces
- ⅓ cup finely chopped green onions
- 2 Tbsp. soy sauce
- 1 Tbsp. red chili paste
- 1½ tsp. grated gingerroot
- ¼ tsp. garlic salt
- ½ cup plum jam
- Green onion strips (optional)

Rinse chicken; pat dry with paper towels. Arrange chicken pieces in a 15x10x1-inch baking pan, making sure the pieces do not touch. Combine finely chopped green onions, soy sauce, red chili paste, gingerroot, and garlic salt. Brush the surface of chicken with 2 tablespoons of the mixture. Bake in a 400° oven for 30 minutes.

Meanwhile, stir remaining chili paste mixture into the plum jam; brush about half of the mixture over the chicken. Return to oven and bake 15 to 20 minutes more or till golden brown and chicken is no longer pink. Heat remaining plum jam mixture. Spoon over chicken before serving. Garnish with green onion strips, if desired. Makes 4 to 6 servings.

Nutrition facts per serving: 457 cal., 18 g total fat (5 g sat. fat), 130 mg chol., 885 mg sodium, 30 g carbo., 0 g fiber, and 43 g pro. Daily Values: 6% vit. A, 2% vit. C, 3% calcium, and 18% iron.

Wasabi Mashed Potatoes

Your taste buds will love these mashed spuds that take on a fiery flavor-boost with wasabi—Japanese horseradish. A little dab of the pungent powder or paste will do you, but add more if you really like it hot.
Prep: 15 minutes Cook: 20 minutes

- 4 medium potatoes (1⅓ to 1½ lb.)
- 2 Tbsp. margarine or butter
- 1 to 2 tsp. wasabi powder or wasabi paste
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup milk
- Coarsely ground pepper (optional)

Peel and quarter potatoes. Cook, covered, in a small amount of boiling salted water for 20 to 25 minutes or till tender; drain. Transfer potatoes

continued on page 158

Flavors from Afar

continued from page 157

to a large mixing bowl. Mash potatoes with a potato masher or beat with an electric mixer on low speed. Add margarine or butter, wasabi powder or paste, salt, and pepper. Gradually beat in enough of the milk till light and fluffy. Sprinkle with coarsely ground pepper, if desired. Serve potatoes immediately. Makes 4 side-dish servings.

Nutrition facts per serving: 188 cal., 6 g total fat (1 g sat. fat), 1 mg chol., 362 mg sodium, 31 g carbo., 2 g fiber, and 3 g pro. Daily Values: 7% vit. A, 19% vit. C, 2% calcium, and 3% iron.

Thai Pork Sandwich Au Jus

When you roast and slice the pork tenderloin in advance, you can assemble the sandwiches the next day if you wish. They're great to serve during a break from playing board games or cards on a Sunday afternoon.

Prep: 15 minutes
Marinate: 6 to 24 hours
Roast: 25 minutes
Chill: up to 24 hours

- 1 12-oz. pork tenderloin
- ¼ cup water
- ¼ cup reduced-sodium soy sauce
- ¼ cup packed brown sugar
- 2 Tbsp. red curry paste
- 2 tsp. bottled minced garlic
- 1½ tsp. grated gingerroot
- ½ tsp. toasted sesame oil
- 4 French-style rolls, split
- 1 recipe Winter Vegetable Slaw (see recipe, *right*)

Place pork tenderloin in a heavy plastic bag set in a shallow dish. For marinade, combine water, soy sauce, brown sugar, red curry paste, garlic, grated gingerroot, and sesame oil. Pour marinade over pork. Close bag; turn to coat meat with marinade. Refrigerate overnight, turning the bag occasionally.

Drain pork, reserving marinade. Cover and chill marinade. Place pork on a rack in a shallow roasting pan; cover with foil. Roast in a 425° oven for 15 minutes. Remove foil; roast 10 to 15 minutes more or till meat thermometer inserted in center registers 160°. Cool slightly; bias-slice into very thin slices. Cover and chill up to 24 hours.

To serve, bring marinade to boiling. Add pork slices. Return to boiling. Reduce heat and simmer, uncovered, about 5 minutes or till heated through. Remove pork slices from marinade; arrange on rolls. If desired, top with Winter Vegetable Slaw and serve with individual dishes of marinade for dipping. Serves 4.

Nutrition facts per serving (without slaw): 299 cal., 7 g total fat (2 g sat. fat), 60 mg chol., 650 mg sodium, 33 g carbo., 0 g fiber, and 24 g pro. Daily Values: 0% vit. A, 0% vit. C, 5% calcium, and 20% iron.

Winter Vegetable Slaw

Celery root has a garden-fresh flavor with a mild celery taste. Just peel off the root's tough outer layer and shred the rest as you would carrots.

Prep: 15 minutes Chill: 2 to 24 hours

- 3 cups packaged shredded cabbage with carrot (coleslaw mix)
- 2 cups coarsely shredded celery root
- ¼ cup sliced green onions
- 2 Tbsp. salad oil
- 4 tsp. rice vinegar
- 1 Tbsp. sugar
- 1½ tsp. toasted sesame oil
- 1 tsp. soy sauce
- ½ tsp. dry mustard

In a large bowl combine coleslaw mix, celery root, and green onions. For dressing, in a screw-top jar combine salad oil, rice vinegar, sugar, sesame oil, soy sauce, and dry mustard. Cover and shake well. Pour dressing over coleslaw mixture. Toss lightly to coat. Cover and chill 2 to 24 hours. Spoon slaw into Thai Pork Sandwich Au Jus, if desired. Pass slaw to serve alongside sandwiches. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 120 cal., 9 g total fat (1 g sat. fat), 0 chol., 154 mg sodium, 11 g carbo., 2 g fiber, and 1 g pro. Daily Values: 54% vit. A, 53% vit. C, 4% calcium, 5% iron.



SPECIAL SLICER OFFER

For this slaw recipe and others that require lots of chopping, slicing, and grating, use our **Mandoline Slicer** (*above*) as the complete kitchen helper. The durable plastic frame measures 12x5 inches and holds an extra-sharp stainless steel blade; the four attachments make thin, medium, or thick slices, julienne strips, or French fries. The Mandoline Slicer also grates and shreds. From Fox Run Craftsmen, the price is $17.95, which includes shipping, handling, and applicable sales tax.

TO ORDER: Send a check or money order for $17.95 to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9802, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

Guava Barbecued Beef

A winter meal will be especially memorable when the star is a succulent beef roast and its superb sweet 'n' sour barbecue sauce with a tropical touch. The sauce tastes great with beef ribs or pork ribs, too.

Prep: 20 minutes Roast: 2 hours
Stand: 15 minutes

- 1 2- to 3-lb. beef eye of round roast
- Salt and pepper

continued on page 162

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Campbell's® No Guilt Chicken Pot Pie

Prep Time: 10 min. Cook Time: 30 min.

- 1 can (10 3/4 oz.) Campbell's Condensed 98% Fat Free Cream of Chicken Soup
- 1 pkg. (about 9 oz.) frozen mixed vegetables, thawed
- 1 cup cubed cooked chicken
- 1/2 cup milk
- 1 egg
- 1 cup Bisquick® Reduced Fat Baking Mix

1. Preheat oven to 400°F. In 9" pie plate mix soup, vegetables and chicken.
2. Mix milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

8g fat per serving (traditional pot pie recipe, 43g fat per serving).

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. B., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



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FEBRUARY

Love may be grand, but brownies are divine.

Baker's® Divine Truffle Brownies

Prep: 15 minutes Bake: 35 minutes

1 pkg. (8 oz.) BAKER'S Semi-Sweet or 1 pkg. (6 oz.) BAKER'S Bittersweet Baking Chocolate Squares, divided
1/4 cup (1/2 stick) butter or margarine
3/4 cup sugar, divided
3 eggs, divided
1 cup flour
2/3 cup heavy or whipping cream

- **HEAT** oven to 350° F (325° F for glass baking dish). Line 8-inch baking pan with foil extending over edges to form handles. Grease foil.
- **MICROWAVE** 2 squares chocolate and butter in medium microwavable bowl on HIGH 1 1/2 minutes or until butter is melted. Stir until chocolate is melted. Stir in 1/2 cup of the sugar. Stir in 1 egg until well blended. Stir in flour. Spread batter in pan.
- **MICROWAVE** remaining chocolate (6 squares if using semi-sweet, 4 squares if using bittersweet) and cream in microwavable bowl on HIGH 1 1/2 minutes; stir until chocolate is melted.
- **BEAT** remaining 1/4 cup sugar and 2 eggs in small bowl with electric mixer on high speed 1 minute until thick and lemon-yellow colored; beat in chocolate/cream mixture. Pour over batter in pan.
- **BAKE** 35 to 40 minutes or until mousse topping is set and the edges begin to pull away from sides of pan. Cool in pan. Run knife around edge of pan to loosen brownies from sides. Lift from pan using foil as handles. Cut into 16 fudgy brownies.



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HOW TO ENTER: NO PURCHASE NECESSARY. Send an official completed entry form (or a 3" x 5" card with your name, address, city, state, zip code, phone number), and the words Ore-Ida Country Style/Idaho Vacations to: "Ore-Ida Country/Idaho Travel Sweepstakes", P. O. Box 1992, Young America, MN 55594-1992. Limit one entry per envelope (or household). Entries must be received by March 27, 1998. Not responsible for lost, late, damaged, misdirected, postage due or incomplete entries. No mechanically reproduced entries permitted.

Entries must be received by March 27, 1998. Winners will be selected in a random drawing on April 10, 1998 from among all eligible entries by an independent judging organization whose decisions are final on all matters relating to the sweepstakes. Winners will be notified by mail on or about April 17, 1998. By entering the sweepstakes, entrants agree to be bound by the Official Rules and that the decision of the judges will be final.

PRIZES & APPROXIMATE RETAIL VALUES: Six Grand Prizes – Idaho Vacation Packages (Ranging from $4,000.00 to $10,000.00). Trips must be taken by October 15, 1998. Trips based on availability. Some blackout dates will apply. Airfare included. The odds of winning will depend on the number of eligible entries received. In the event that the prize is unavailable, a prize of equal or greater value may be substituted, solely in the discretion of sponsor. No other substitution of prizes permitted.

GENERAL PROVISIONS: Sweepstakes open to all U.S. Residents 18 or older, excluding employees of the State of Idaho, Ore-Ida Foods, Inc., and their parents, affiliates, subsidiaries, agencies, and their immediate families. Winners are responsible for all federal, state and local taxes on prizes. Void where prohibited, taxed or restricted by Law. Winners must sign an Affidavit of Eligibility and Release of Liability within seven days of notification or an alternate winner will be selected. The Release of Liability, releases all sweepstakes sponsors and their parents, affiliates, subsidiaries, advertising/promotional agencies, vendors, and their respective directors, officers, employees and assigns from any and all liability, claims or actions of any kind whatsoever for injuries, damages or losses of any kind to person and property which may be sustained in connection with traveling to, preparing for and/or participation in the sweepstakes or any prize related activity. By submitting an entry, each entrant agrees to the unrestricted use of his or her name/likeness/photograph for advertising and/or publicity purposes without further compensation and to assign all right, title and interest, including any copyright to the State of Idaho and Ore-Ida Foods, Inc. For the names of the winners, send a stamped, self-addressed envelope to "Do Your Bit Winners" PSP, P. O. Box 118086, Chicago, IL 60611-8086 by July 1, 1998.

Flavors from Afar

continued from page 158

- ¾ cup unsweetened pineapple juice
- ¾ cup catsup
- ½ cup guava paste
- ⅓ cup vinegar
- 1 Tbsp. brown sugar
- 2 tsp. prepared horseradish
- 2 tsp. grated gingerroot
- 2 cloves garlic, minced
- ⅛ tsp. salt
- ⅛ tsp. ground red pepper
- Fresh thyme sprigs (optional)

Trim fat from meat. Sprinkle the meat with salt and pepper. Place meat on a rack in a shallow roasting pan. Insert a meat thermometer. Roast, uncovered, in a 325° oven for 1¼ hours.

Meanwhile, for sauce, in a food processor bowl or blender container combine the unsweetened pineapple juice, catsup, guava paste, vinegar, brown sugar, horseradish, gingerroot, garlic, ⅛ teaspoon salt, and ground red pepper. Cover and process or blend till mixture is smooth. Transfer to a medium saucepan. Bring to boiling; reduce heat. Boil gently, uncovered, for 20 minutes or till desired consistency, stirring occasionally.

Brush some of the sauce over meat. Roast 30 to 45 minutes more or till thermometer registers 155° for medium, brushing occasionally with sauce. Cover with foil; let stand 15 minutes before carving. (The meat's temperature will rise 5° during standing.)

Thinly slice meat across the grain. Arrange meat on a platter. Bring remaining sauce to boiling; pour some on top of sliced meat. Garnish with fresh thyme, if desired. Pass remaining sauce. Makes 8 to 10 servings.

Nutrition facts per serving: 228 cal., 4 g total fat (1 g sat. fat), 54 mg chol., 408 mg sodium, 28 g carbo., 2 g fiber, and 21 g pro. Daily Values: 4% vit. A, 21% vit. C, 1% calcium, and 19% iron.

Roasted Calabaza

Its rich, golden flesh and speckled or striped shell makes the calabaza one of those gorgeous vegetables perfect for a still life. And, yes, it tastes as good as it looks. This oversized squash has a flavor similar to other sweet winter squashes. Look for it year-round in Latin markets, or check the produce section of your supermarket for the vegetable. This side dish makes a tasty accompaniment to roasted poultry.
Prep: 10 minutes Bake: 65 minutes

- 1 3-lb. calabaza
- 1 medium onion, cut into ½-inch wedges
- 2 Tbsp. margarine or butter, melted
- 1 Tbsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- 1 Tbsp. lemon juice
- 3 cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. pepper
- ⅛ tsp. ground allspice
- Fresh thyme sprigs (optional)

Cut the calabaza in half and remove the seeds. Cut each portion in half lengthwise and crosswise, forming a total of 8 pieces.

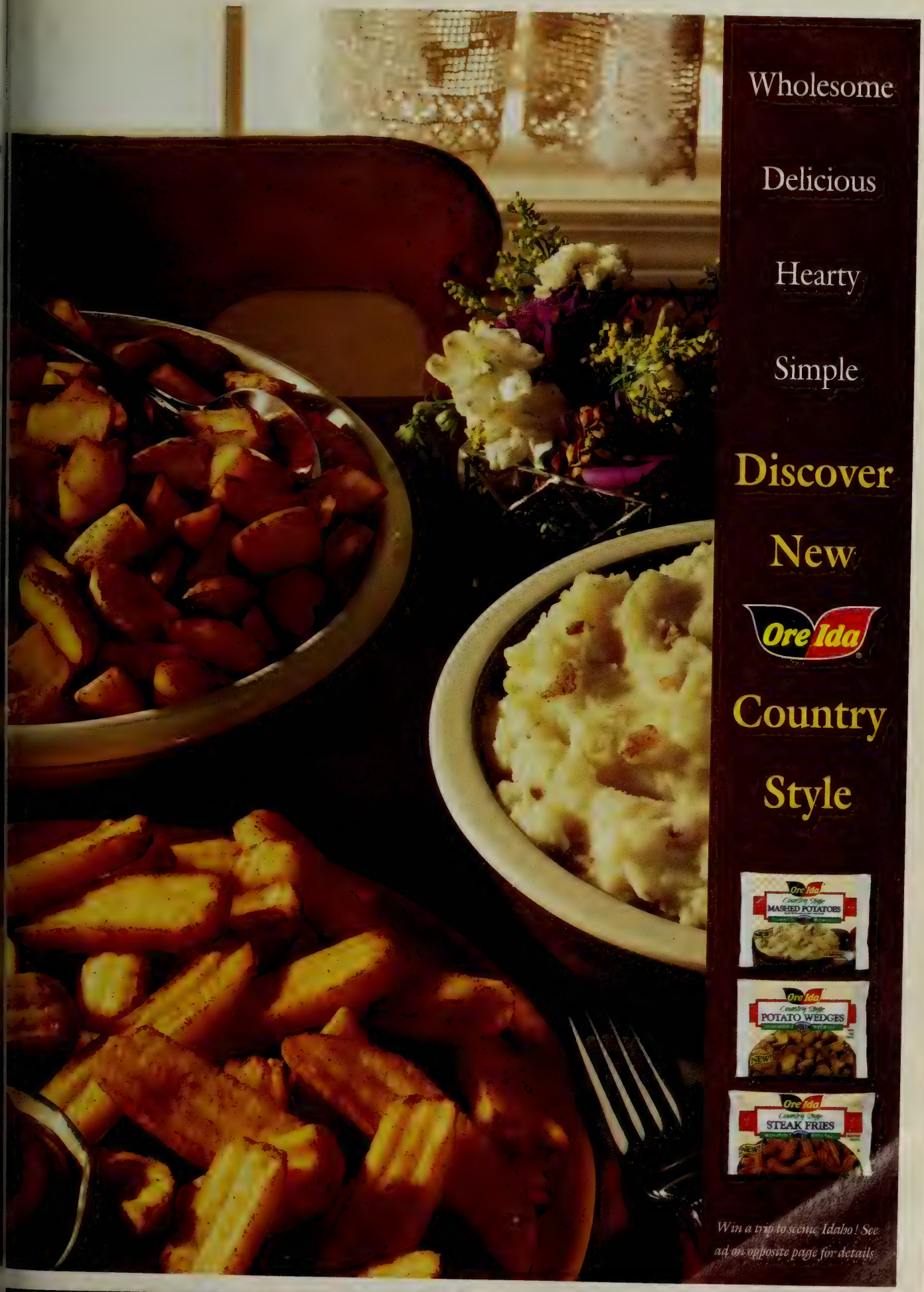
Place calabaza pieces, cut sides up, in an ungreased 13x9x2-inch rectangular baking dish. Place the onion wedges on top of the calabaza pieces.

Stir together the melted margarine or butter, fresh or dried thyme, lemon juice, minced garlic, salt, pepper, and allspice. Drizzle over calabaza and onions.

Bake, covered, in a 325° oven for 40 minutes. Uncover; continue to bake for 25 to 35 minutes more or till calabaza is just tender. Garnish with fresh thyme, if desired. Makes 8 side-dish servings.

Nutrition facts per serving: 88 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 173 mg sodium, 16 g carbo., 3 g fiber, and 2 g pro. Daily Values: 103% vit. A, 38% vit. C, 5% calcium, and 6% iron.

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Wholesome
Delicious
Hearty
Simple
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Country
Style
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Country Style
MASHED POTATOES
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Country Style
POTATO WEDGES
NEW!
Ore Ida
Country Style
STEAK FRIES
NEW!
Win a trip to scenic Idaho! See
ad on opposite page for details

Flavors from Afar

continued from page 162



Pour boiling water into the baking dish around the custard cups. The depth of the water should be about 1 inch.

Aztec Chocolate Flans

Because Mexican chocolate contains ground almonds and cinnamon, it's grainier than most chocolate. If you'd like to take that hint of texture out of your flans, strain the warm chocolate mixture through cheesecloth.
Prep: 20 minutes Bake: 40 minutes

- 1½ cups milk
- 3 oz. coarsely chopped Mexican-style sweet chocolate (about ¾ cup)
- 2 inches stick cinnamon
- ⅓ cup sugar
- 3 eggs
- ⅓ cup sugar
- 1 recipe Mexican Chocolate Sauce
- Sliced almonds
- Orange slices and orange peel (optional)

In a heavy medium saucepan combine milk, chocolate, and stick cinnamon. Cook over medium heat till mixture simmers. Remove stick cinnamon; discard. Remove saucepan from heat; set aside.

Meanwhile, to caramelize sugar, in a heavy 8-inch skillet cook the first ⅓ cup sugar over medium-high heat till the sugar begins to melt, shaking the skillet occasionally to heat sugar evenly. Do not stir. Once the sugar starts to melt, reduce heat to low and cook about 5 minutes more or till all of the sugar is melted and golden, stirring as needed with a wooden spoon. Immediately divide the caramelized sugar among four 6-ounce custard cups or ramekins; tilt custard cups or ramekins to coat bottoms of the cups evenly. Let stand 10 minutes.

In a large mixing bowl use a rotary beater or wire whisk to lightly beat eggs just till mixed. (Pour chocolate mixture through a strainer lined with 100% cotton cheesecloth into a large glass measure, if desired.) Stir chocolate mixture and the remaining ⅓ cup sugar into beaten eggs. Beat till well combined but not foamy.

Place the custard cups or ramekins in a 2-quart square baking dish on an oven rack. Divide the chocolate mixture evenly among custard cups or ramekins. Pour boiling water into the baking dish around custard cups or ramekins to a depth of 1 inch. Bake in a 325° oven for 30 to 35 minutes or till set in centers.

Remove cups or ramekins from water. Cool slightly on a wire rack. Cover and chill. To unmold flans, loosen edges with a knife, slipping the point of the knife down the sides to let air in. Invert a dessert plate over each flan; turn custard cup or ramekin and plate over together. Remove cup or ramekin. Drizzle Mexican Chocolate Sauce on top.

Sprinkle each flan with a few sliced almonds. Garnish plate with orange slices and orange peel, if desired. Makes 4 servings.

Mexican Chocolate Sauce: In a heavy small saucepan melt 1 ounce (¼ cup) grated Mexican-style sweet chocolate over low heat just till melted. Gradually stir in ⅓ cup whipping cream. Cook and stir over medium heat about 3 minutes or till mixture is well combined. Remove from heat. Cool slightly. Makes ½ cup. *Nutrition facts per serving:* 441 cal., 23 g total fat (13 g sat. fat), 194 mg chol., 102 mg sodium, 56 g carbo., 2 g fiber, and 9 g pro. Daily Values: 21% vit. A, 1% vit. C, 12% calcium, and 8% iron.

FOR SUCCESSFUL FLANS

- The secret to a smooth flan is in how you beat the eggs. Beat the eggs just till the yolks and whites are blended. Don't beat until foamy or your flan will have bubbles on the surface.
- You may be tempted to skip the hot water bath when you're baking flan or custard, but don't. The hot water helps to even out the heat so the custard cooks slowly without overcooking the edges.
- Once the flans are done, remove them from the water immediately. A jar lifter used in canning makes a wonderful tool for removing the custard cups or ramekins from the boiling water bath.

Vegetable Salad with Chipotle Vinaigrette

You'll get a sensational surprise with each bite of this fresh-tasting veggie combo with a sweet-hot dressing that awakens the taste buds.
Prep: 20 minutes Chill: 4 to 24 hours

- 1 15-oz. can black beans, rinsed and drained
- 1 8¾-oz. can whole kernel corn, drained
- ½ cup thin bite-size strips peeled jicama
- ½ cup chopped green sweet pepper
- 4 red pearl onions, thinly sliced or ¼ cup chopped red onion
- 2 to 3 canned chipotle peppers in adobo sauce*
- 3 Tbsp. salad oil
- 3 Tbsp. vinegar
- 2 Tbsp. snipped fresh cilantro
- 2 Tbsp. lime juice
- 2 tsp. snipped fresh oregano or ½ tsp. dried oregano, crushed
- ¼ tsp. garlic salt
- Torn mixed salad greens
- Chipotle-flavored tostada chips or tortilla chips (optional)

Combine black beans, corn, jicama strips, green pepper, and onions.

For vinaigrette, in a food processor bowl or blender container combine chipotle peppers, salad oil,

continued on page 166

DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY



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No, she didn't tell her boss off. Or dance on her desk. Her cheese dip caused all the commotion. She tried something new. Instead of salsa, she added the original Ro•Tel® Diced Tomatoes and Green Chilies. And the party really took off. Not to mention the dip.

Nothing fires up the flavor, arouses any recipe like Ro•Tel. If it calls for tomatoes, it screams for Ro•Tel. All the spices you need in one can.

Try it. But please, use only as directed.

RAISE A LITTLE HELL WITH RO•TEL





RO•TEL CHEESE DIP

1 lb. pasteurized processed cheese spread, cut into cubes
1 can (10 oz.) RO•TEL Diced Tomatoes and Green Chilies

In saucepan combine ingredients; stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3-1/2 cups dip.

MICROWAVE:

Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

LOOK FOR RO•TEL IN THE CANNED TOMATO SECTION

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Flavors from Afar

continued from page 164

vinegar, cilantro, lime juice, oregano, and garlic salt. Cover and process or blend till smooth. Pour vinaigrette over bean mixture; toss gently. Cover and chill salad for 4 to 24 hours, stirring occasionally.

To serve, line 4 shallow bowls or salad plates with torn mixed greens. Divide bean mixture among the greens-lined bowls or plates. Serve with tostada chips or tortilla chips, if desired. Makes 4 servings.

*If canned chipotle peppers are not available, use 2 to 3 dried chipotle peppers. Cut open and discard stems and seeds. Cut peppers into pieces. Place in a small bowl and cover with boiling water. Let stand 45 to 60 minutes to soften; drain well.

Nutrition facts per serving: 223 cal., 11 g total fat (2 g sat. fat), 0 mg chol., 603 mg sodium, 30 g carbo., 6 g fiber, and 9 g pro. Daily Values: 12% vit. A, 60% vit. C, 4% calcium, and 13% iron.

Lamb Chops Au Poivre

When you're in a hurry for a fancy feast, this entrée definitely impresses. The secret lies in the mixed peppercorn blend found in the spice or gourmet sections of supermarkets.
Prep: 15 minutes Cook: 10 minutes

- 8 lamb rib or loin chops, cut 1 inch thick (about 2 lb. total)
- 1½ to 2 tsp. dried whole mixed peppercorns
- 3 Tbsp. coarse-grain brown mustard
- 1 Tbsp. snipped fresh rosemary or ½ tsp. dried rosemary, crushed
- 1 clove garlic, minced
- ⅓ cup soft bread crumbs
- Fresh rosemary sprigs (optional)

Trim fat from meat. Cut a pocket in the side of each lamb rib or loin chop; set aside.

Crush peppercorns with a mortar and pestle. (Or, place in a plastic bag; seal and crush peppercorns with the flat side of a mallet.) In a small bowl combine crushed peppercorns, mustard, rosemary, and garlic. Spread about ½ teaspoon of the mixture in the pocket of each chop. Reserve remaining mustard mixture.

Place lamb chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 5 minutes.

Meanwhile, stir bread crumbs into remaining mustard mixture. Turn chops. Broil 2 minutes more. Spread some of the crumb mixture evenly over each chop. Broil for 3 to 4 minutes more for medium doneness. Garnish with rosemary sprigs, if desired. Makes 4 servings.

Nutrition facts per serving: 291 cal., 16 g total fat (5 g sat. fat), 103 mg chol., 267 mg sodium, 3 g carbo., 0 g fiber, and 33 g pro. Daily Values: 0% vit. A, 2% vit. C, 3% calcium, and 20% iron.

Yuca with Garlic and Rosemary

Yuca is a mild-flavored starchy root vegetable with a tough dark skin that is peeled like a potato. Like the potato, yuca can be baked, boiled, dressed up with a sauce, or simmered in a stew. The vegetable's woody center string must be removed before eating.
Prep: 15 minutes Cook: 12 minutes

- 1 lb. yuca root or medium potatoes
- 2 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 1 tsp. snipped fresh rosemary or ¼ tsp. dried rosemary, crushed
- Salt and pepper

Scrub yuca or potatoes thoroughly with a stiff brush. Peel and cut into 2-inch pieces. If using yuca, remove fibrous string from the center.

In a medium saucepan cook yuca or potatoes, covered, in a small amount of boiling lightly salted water for 10 to 12 minutes or till tender; drain. Return to saucepan.

Meanwhile, in a small skillet cook garlic in margarine or butter over medium heat about 30 seconds. Remove from heat; stir in rosemary. Pour rosemary mixture over yuca or potatoes, tossing gently to coat. Season to taste with salt and pepper. Makes 4 side-dish servings.

Nutrition facts per serving: 172 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 39 mg sodium, 33 g carbo., 0 g fiber, and 4 g pro. Daily Values: 3% vit. A, 96% vit. C, 0% calcium, 0% iron.

CREATING COCONUT CURLS

Coconut curls can be purchased at many Asian markets. Or, you can make your own with a fresh coconut. Locate the three soft eyes at the top of the coconut. Pierce eyes and drain coconut milk. Lay coconut on its side and with a hammer, tap firmly till nut begins to crack. Rotate one quarter turn and tap again. Continue turning and tapping till coconut cracks into pieces.

Separate meat from shell in large pieces. Cut slices from a long edge, using a vegetable peeler.

To toast curls: Arrange slices on a baking sheet. Bake in a 350° oven for 3 to 5 minutes or till edges are brown. Cool in pan on wire rack. Use immediately as a garnish or store in a tightly covered shallow container.

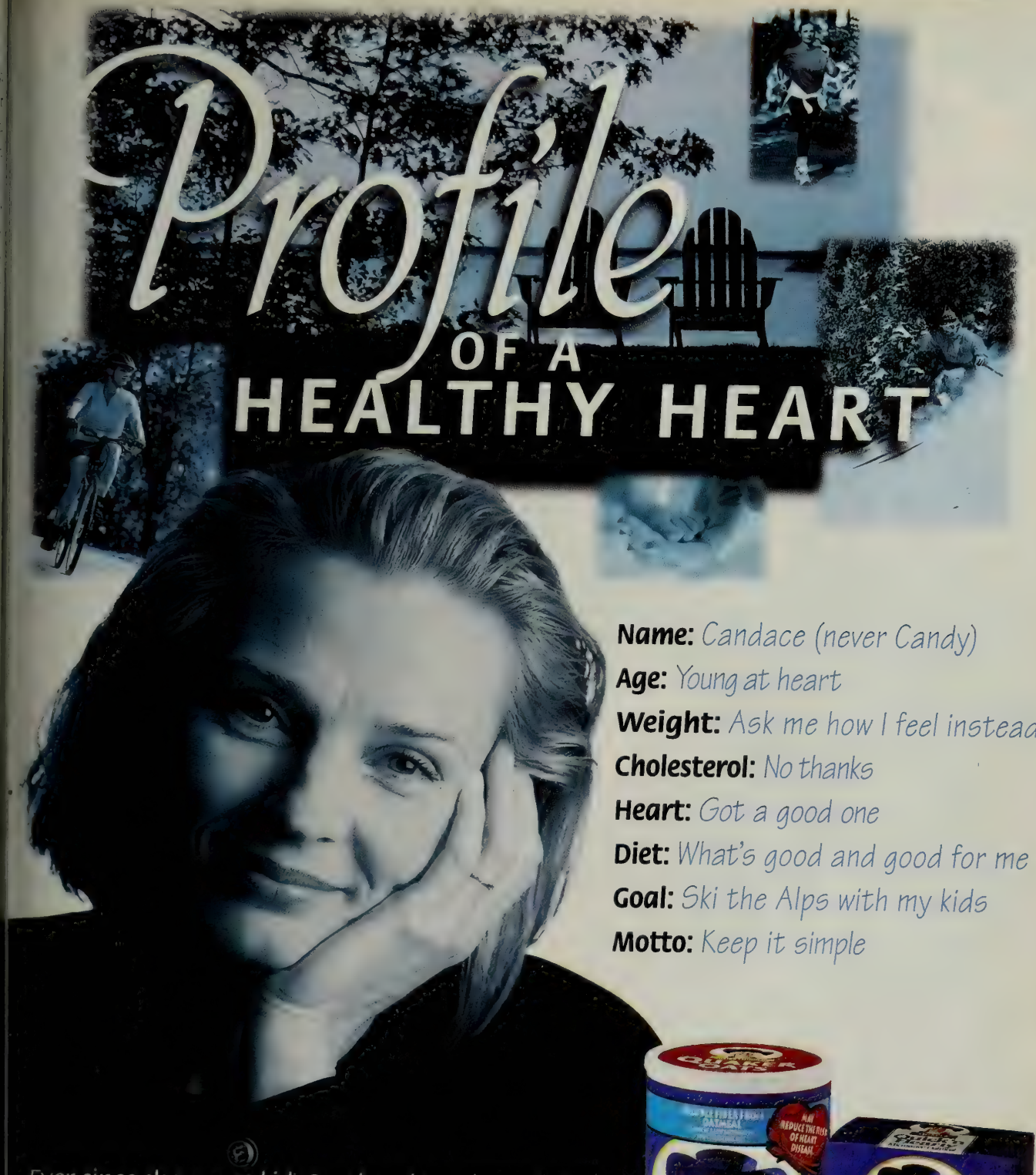
Red Banana Upside-Down Cake

The produce sections of most supermarkets are now carrying the honey-scented red bananas, which are typically imported from Jamaica. But, other bananas are also wonderful in this gently spiced cake with its fruity upside-down topping.
Prep: 25 minutes Bake: 35 minutes

- 2 Tbsp. butter or margarine
- ¼ cup cream of coconut
- 2 ripe red bananas or 2 firm large bananas, peeled and bias-sliced ¼-inch thick
- 1½ cups all-purpose flour
- ½ cup sugar
- ¾ tsp. ground ginger
- ½ tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. ground allspice
- ½ cup buttermilk

continued on page 168

Profile OF A HEALTHY HEART



Name: Candace (never Candy)
Age: Young at heart
Weight: Ask me how I feel instead
Cholesterol: No thanks
Heart: Got a good one
Diet: What's good and good for me
Goal: Ski the Alps with my kids
Motto: Keep it simple

Ever since she was a kid, Candace has always loved
aker Oatmeal. Now that the FDA has confirmed, "Soluble
er from oatmeal, as part of a low saturated fat, low
olesterol diet, may reduce the risk of heart disease," she's
cided to eat it more often. What could be simpler?

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All entrants receive a Florida Cuisine cookbook—FREE—just for entering!
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CONTEST RULES
1. HOW TO ENTER: NO PURCHASE NECESSARY: To enter type or print your name, address, daytime phone number and recipe on a sheet of paper and mail to Juice Up For Better Health, P.O. Box 11172, Chicago, IL 60611. You may enter as many recipes as you wish. Contest begins on February 2, 1998. Mail-in entries must be postmarked by March 16, 1998, and received by March 20, 1998. Sponsors assume no responsibility for lost, late, illegible, or misdirected entries or mail. 2. ELIGIBILITY: Contest open to all legal U.S. residents 21 years of age or older on February 2, 1998, except employees of Meredith Corporation, Florida Department of Citrus (FDOC), The Family Channel, Golin/Harris Communications and their agents, affiliates, subsidiaries and their immediate families or persons residing in the same household. Winners subject to proof of eligibility. Contest void wherever prohibited. 3. WINNER SELECTION: Winners will be selected on or about March 31, 1998. Winners will be notified by mail and prize delivered after notification. Entries must be original and not previously published. All recipes must include at least one cup of Florida orange juice or orange juice concentrate. Recipes will be judged equally on originality, taste, ease of preparation, visual appeal, low-fat content (30% calories from fat or less) and nutritional analysis. All entries and materials submitted become the property of FDOC and will not be returned or acknowledged. All rights, title and interest, including copyright rights of winning entries belong to FDOC. FDOC reserves the right to edit, adjust, modify, abridge, condense and excerpt entries. Judging will be conducted by FDOC, The Family Channel, a Florida Cuisine chef and Golin/Harris Communications. The decisions of the judges are final and binding in all respects. Entrants agree to be bound by these rules. The awarding of any prize is contingent upon full compliance with the official rules. For a complete set of official rules, send a self addressed stamped envelope to Juice Up For Better Health-MCM, 125 Park Avenue, New York, NY 10017. 4. PRIZES: Grand Prize: Round trip coach airfare from major airport nearest winner's residence for four to Disney World, Orlando, Florida; 4 days/3 nights, one room hotel accommodations; a Florida Grove Tour (Approx. Retail Value: $3,500); and $1,000 Cash. Winner responsible for meals, ground transportation and all other expenses. Trip subject to availability and advance notification. First runner-up: Exercise equipment (ARV: $1,000) and $500 Cash. Second runner-up: One Year Supply of Florida Orange Juice (ARV: $250) and $250 Cash. All entrants will receive a cookbook. Comparable retail value: $2.00. One prize per immediate family. All prizes will be awarded. 5. GENERAL: Entry constitutes permission to use winner's entry, name, hometown, likeness, photograph, and statements regarding this contest, for editorial, public relations, promotional and advertising purposes on behalf of FDOC without compensation, unless prohibited by law. Winners will be required to sign an Affidavit of Eligibility, Assignment and Release of Liability within ten days of notification or an alternative winner will be selected. Travel companions must sign release prior to departure. By accepting prize, winners and travel companions release Meredith Corporation, FDOC, The Family Channel, Golin/Harris Communications and their agents, affiliates, subsidiaries and their respective directors, officers and employees from any and all liability with respect to the prize. Subject to all federal, state and local laws and regulations. Taxes on prizes are the sole responsibility of the winners. No prize transfer or substitution. This contest is sponsored by FDOC and The Family Channel. 6. PRIZE-WINNERS LIST: See the FDOC ad in the July 1998 issue of *Better Homes and Gardens*® for contest winners and recipes or for a list of winners available after June 15, 1998, send a self addressed stamped envelope to Juice Up For Better Health MCM, 125 Park Avenue, New York, NY 10017.

Flavors from Afar

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¼ cup butter or margarine, softened
¼ cup cream of coconut
1 egg
Coconut curls, toasted (see Creating Coconut Curls, *page 166*)

Melt the 2 tablespoons butter or margarine in a 9x1½-inch round baking pan. Stir in the first ¼ cup cream of coconut. Arrange sliced bananas in the bottom of the baking pan; set pan aside.

In a medium mixing bowl stir together flour, sugar, ginger, baking soda, baking powder, and allspice. Add buttermilk, the ¼ cup butter or margarine, and the remaining ¼ cup cream of coconut. Beat with an electric mixer on low to medium speed about 30 seconds or until combined. Then beat the batter on high speed for 2 minutes, scraping sides of bowl occasionally. Add egg and beat for 2 minutes more. Spoon batter into the prepared pan.

Bake in a 350° oven about 35 minutes or till a wooden toothpick inserted near the center of the cake comes out clean. Cool the cake in the pan on a wire rack for 5 minutes. Loosen sides; invert the cake onto a serving plate. Garnish with toasted coconut curls, if desired. Serve warm. Makes 8 servings.

Nutrition facts per serving: 349 cal., 19 g total fat (8 g sat. fat), 50 mg chol., 218 mg sodium, 41 g carbo., 1 g fiber, and 4 g pro. Daily Values: 9% vit. A, 4% vit. C, 4% calcium, and 9% iron. ♦

the clever cook™

Each month in this column you'll find tips from other good cooks. Check the box (*right*) to find out how your cooking secrets can earn money.

Grilled Cheese for a Crowd

Making grilled cheese sandwiches for a crowd is quick when you bake the sandwiches. For each sandwich, spread butter or margarine on one side of two slices of bread. Place one slice, buttered-side down, on a baking sheet. Top with cheese and another slice of bread (buttered-side up). Bake in a 350° oven for 5 to 8 minutes on each side or till golden brown.

Norma S. Leger, Pineville, La.

Freezing Leftover Wine

When you aren't able to finish an entire bottle of wine, freeze the extra wine in ice-cube trays. After the wine is frozen, store the cubes in a self-sealing plastic bag. The frozen cubes can then be used to deglaze pans when making sauces.

Catherine M. Donnelly, Sea Girt, N.J.

Vinegar Spritzer Keeps It Clean

Vinegar helps keep stainless steel sinks and faucets clean. Fill a spray bottle with vinegar and spritz it on those surfaces for a quick cleanup.

Elizabeth J. Clay, Lipan, Texas

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*® magazine.



Join Home & Family on Thursday, January 15th, 1-3 p.m. E/P, for the latest healthy recipes from *Florida Cuisine*.

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La Bella Bruschetta



by David Feder

The bruschetta (broo-SKET-ta), originally from the olive-growing regions of Italy, started out as the typical lunch of the olive grove workers—nearly as much a part of the olive harvest as the olives themselves. The classic bruschetta included olive oil and vegetables, such as sweet red peppers or ripe plum tomatoes, and perhaps fresh mozzarella or creamy goat cheese.

Creating your own bruschetta is delightfully simple: Top thick slices of grilled or toasted crusty Italian bread with any ingredient you desire, savory or sweet, and enjoy.

Sweet Red Pepper Bruschetta

This classic bruschetta transports you to sun-drenched Tuscany from the first bite.
Prep: 2 minutes Cook: 1 minute

- 8 bias-cut slices (about ¾ inch thick) Italian country bread or crusty sourdough bread
- ½ cup soft goat cheese or other spreadable soft white cheese
- ¼ cup purchased basil pesto
- 1 7-oz. jar roasted red peppers, drained and cut into ½-inch-wide strips
- Snipped fresh herbs, such as basil, oregano, or thyme

Toast or grill bread slices and spread each with the soft cheese. Spread pesto atop cheese and top each bruschetta with pepper strips. Garnish with snipped herbs. Serve immediately. Makes 8 bruschette.

Nutrition facts per bruschetta: 190 cal., 11 g total fat (3 g sat. fat), 15 mg chol., 323 mg sodium, 18 g carbo., 0 g fiber, 6 g pro. Daily Values: 9% vit. A, 74% vit. C, 3% calcium, 7% iron.

Sweet Dessert Bruschetta

The marriage of chocolate and hazelnut is one made in heaven. Adding bananas creates a flavor nothing short of magic.
Prep: 5 minutes Cook: 2 minutes

- 6 slices (about ¾ inch thick) Italian country bread or crusty sourdough bread
- ½ cup chocolate hazelnut spread*
- 3 Tbsp. chopped hazelnuts
- 3 Tbsp. brown sugar
- 3 medium bananas, thinly bias-sliced
- 2 Tbsp. butter or margarine, melted
- Unsweetened cocoa powder (optional)
- Chocolate curls (optional)
- White chocolate curls (optional)

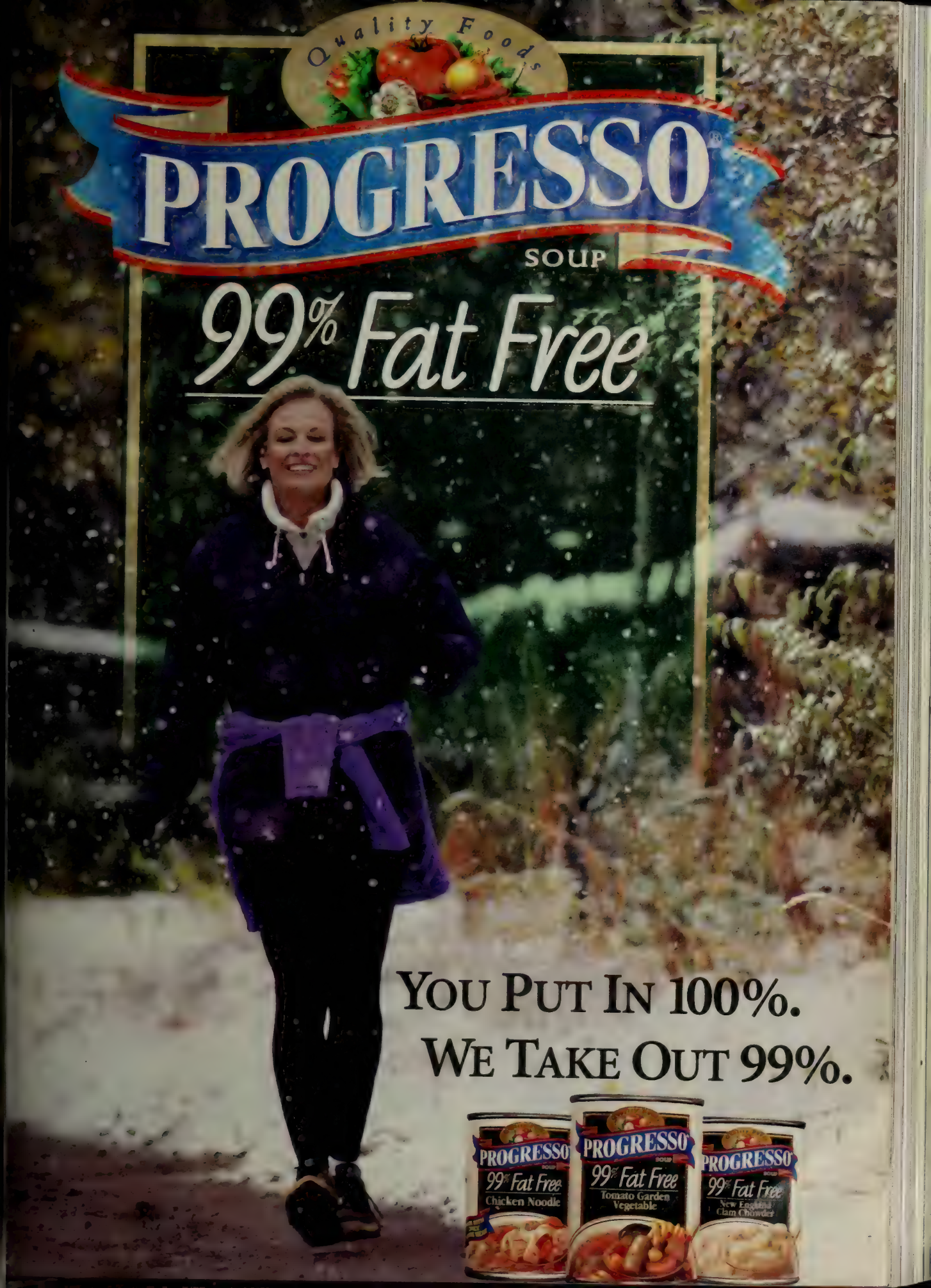
Toast bread and let cool; spread with chocolate hazelnut spread. In a mixing bowl combine nuts and sugar; set aside. Layer banana slices on top of spread. Brush banana with melted butter or margarine. Top with 1 tablespoon nut mixture.

Broil bruschette 5 inches from heat for 30 seconds or till the bananas just begin to glaze and nuts are toasted. Garnish plate with sifted cocoa powder, chocolate curls, and white chocolate curls, if desired. Makes 6 bruschette.

Nutrition facts per bruschetta: 317 cal., 13 g total fat (3 g sat. fat), 11 mg chol., 236 mg sodium, 47 g carbo., 1 g fiber, 5 g pro. Daily Values: 3% vit. A, 8% vit. C, 3% calcium, 8% iron.

**Note:* Chocolate hazelnut spread can be purchased in specialty food stores or large supermarkets.




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PROGRESSO
99% Fat Free
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99% Fat Free
Tomato Garden Vegetable
PROGRESSO
99% Fat Free
New England Clam Chowder

Homemade with Love



by Nancy Wall Hopkins

Cupid himself would be smitten with these sweetheart sweets. They're easy to make and oh-so-fun to give. Bundle up a bouquet or give them one at a time—either way, there's no better way to say, "Be my valentine."

"Be Mine" Lollipops*

Prep: 20 minutes Cook: 6 to 8 minutes

- 2½- to 3½-inch round or heart-shaped metal cookie cutters
- 8 oz. assorted red, pink, and/or clear hard candies
- 35 to 60 (2 to 3 oz.) assorted small decorative candies, such as red cinnamon candies, small nonpareils, colored candy hearts, spice drops, and gumdrops
- Edible rose petals or other flower petals (optional)
- Lollipop sticks

Place unwrapped hard candies in a heavy plastic bag, then place bag on top of folded towel and crush candies into small chunks with meat mallet or small hammer.

Make only three or four lollipops at one time. Line a baking sheet with foil. Place desired cookie cutters on foil, at least 2 inches apart. Divide crushed candies evenly among cutters, approximately 1½ to 2 tablespoons per lollipop. Candy layer should be ¼ to ½ inch thick. Add small decorative candies or edible rose or other flower petals to crushed candies. (If using flower petals, make sure they are covered with a layer of the crushed candy.)

Bake in a 350° oven for 6 to 8 minutes or till candies are completely melted. Cool 30 seconds. Remove cookie cutters with tongs, allowing melted candy to spread slightly.

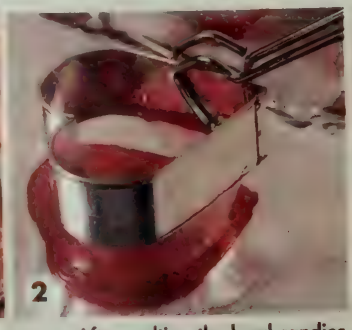
Quickly attach a stick to base of each lollipop, twisting the stick to cover lollipop end with melted candy. If desired, press more small candies or flower petals into hot lollipops. Cool. Peel foil from lollipops. Makes 8.

*NOTE: These lollipops are not intended for children under age 3. To prevent choking, the Consumer Product Safety Commission says children under 3 shouldn't handle anything smaller than 2¼ by 1¼ by 1¼ inches. ⌂

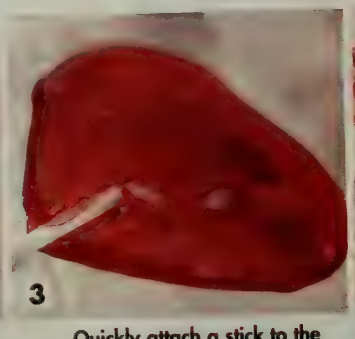
Buying information, page 97



1 Fill inside of desired cutters with coarsely crushed red, pink, and/or clear hard candies and small decorative candies or flower petals.



2 After melting the hard candies in the oven, cool 30 seconds. Then, use tongs to remove the cookie cutters, allowing the melted candy to spread.



3 Quickly attach a stick to the base of each melted lollipop shape, carefully twisting the stick to cover the lollipop end with the melted candy.



4 Gently place small candies, such as nonpareils, colored candy hearts, and gumdrops, on top of melted candy shapes. Allow to cool thoroughly.

Discover how great taste can be made healthier.



Southwestern Chicken Pie

Filling:

2 cups shredded cooked chicken breast
1 can (15 ounces) black beans, drained and rinsed
2 cups frozen corn kernels
1 can (14.5 ounces) diced tomatoes, undrained
1 1/2 teaspoons chile powder
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper

PREP TIME 20 MIN.

Topping:

1 1/2 cups white or yellow corn meal
1/2 cup all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt
1/2 cup Second Nature® Eggs™
3/4 cup skim milk
2 tablespoons vegetable oil
1 can (4 ounces) diced green chilies, drained
1 cup shredded 50% reduced-fat Cheddar cheese
Naturally Yours™ Fat Free Sour Cream, shredded lettuce and salsa (optional)

Preheat oven to 425° F. Coat shallow 3-quart baking dish with no-stick cooking spray. Combine filling ingredients in large mixing bowl; stir gently. Pour into baking dish. Combine corn meal, flour, baking powder and salt in medium mixing bowl. Add eggs, milk and oil; stir to blend. Stir in chilies and cheese. Drop batter by spoonfuls around edges of filling in baking dish. Bake 30 to 35 minutes or until golden brown. Serve topped with sour cream, lettuce and salsa, if desired. Makes 12 servings.

Nutritional Information Per Serving: Calories 210; Fat 5g; Protein 16g; Carb. 26g; Chol. 12mg; Sodium 447mg

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One Annual Grand Prize:
General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

September 1998 Categories

Pizzas and Calzones: We've got some top tasters here, so your recipe has to be super special to tempt us. Perhaps a little spinach in the crust? How about a child-pleasing calzone? Be sure your recipe is deliciously extraordinary.

Fall Fruit Favorites: Apples and pears are great but won't win any prizes unless you use them in a unique way. Better yet, use a fall fruit that's not so familiar. Or, venture beyond desserts into salsas, sauces, soups, and side dishes.

This Month's Winners—Pages 177 and 178

$400 Winners: Karen Bowers, Flagstaff, Ariz.; Nicole Coriaty-Trovato, Eden Prairie, Minn.

$200 Winners: Anne Frederick, Deerfield, N.Y.; Kelly Thornberry, LaPorte, Ind.

$50 Honor Roll Winners: Bonnie Bootz, Scottsdale, Ariz.; M. Janine Brennan, Brighton, Mich.; Irene Brown, Garfield, N.J.; Dannette Justice, Lapeer, Mich.; Margaret Milleker, Baltimore, Md.; Joanne O'Rourke, Saratoga, Calif.; Bobbie Stryffeler, Bishop, Calif.; Myrtle P. Thompson, Chatsworth, Calif.; Kathleen Tye, Redmond, Wash.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Pizzas and Calzones" or "Fall Fruit Favorites." Specify brands and recipe origin. 3. Address recipes to 9809 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by February 23, 1998, and received by February 28, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

NO-FRY FRENCH FRIES



Sound too good to be true? It's easy with all natural Pam® made with pure canola oil. Just slice a large potato into 1/4-inch sticks. Spray Pam on cookie sheet. Place potatoes in single layer and spray Pam again directly on potatoes. Season to taste. Bake in preheated 400° oven for 30 to 40 minutes. Turn potatoes every 15 minutes until crisp. Enjoy.

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For *Parm Plus!* recipe ideas, call 1-800-634-1984 or see the back of the package.

PRIZE TESTED RECIPES®

see page 174 for details

$400 WINNER

Karen Bowers, Flagstaff, Ariz., in the Hot Potatoes Category. February 1998



Potato Crust Vegetable Pizza

Shredded potatoes become the tasty crust for a vegetable-and-cheese-topped pizza.

- 4 medium baking potatoes, peeled
- 1 medium onion
- 2 beaten eggs
- ¼ cup all-purpose flour
- 1 tsp. salt
- 2 Tbsp. olive oil
- 2 medium zucchini, thinly sliced
- 2 medium yellow summer squash, thinly sliced
- 1 medium yellow sweet pepper, chopped
- 1 small red onion, halved and thinly sliced
- 2 cloves garlic, minced
- 1 5.3-oz. pkg. soft goat cheese (chèvre)
- 16 cherry tomatoes, quartered
- 2 Tbsp. snipped fresh basil
- 1 cup shredded mozzarella cheese
- Fresh basil sprigs (optional)

Finely shred potatoes and onion into a bowl of water; drain well, squeezing out excess moisture. In a large bowl combine potato mixture, eggs, flour, and salt; mix well. Press into a well-greased 15x10x1-inch baking pan. Bake in a 425° oven for 15 minutes. Brush with 1 tablespoon of the olive oil; bake 10 minutes more. Place under the broiler; broil 4 to 5 inches from the heat for 2 to 3 minutes or till golden and crisp.

Meanwhile, in a large bowl combine the zucchini, yellow squash, yellow pepper, red onion, and garlic. In a large skillet heat the remaining tablespoon of oil and cook the vegetable mixture, 2 cups at a time, till vegetables are crisp-tender, stirring often. Spread goat cheese over potato crust; top with cooked vegetables and tomatoes. Sprinkle with basil and mozzarella. Bake in a 425° oven for 5 to 7 minutes more or till cheese is melted. If desired, garnish with basil sprigs. Makes 8 to 10 servings.

Nutrition facts per serving: 285 cal., 13 g total fat (5 g sat. fat), 78 mg chol., 468 mg sodium, 32 g carbo., 3 g fiber, and 12 g pro. Daily Values: 11% vit. A, 99% vit. C,

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PRIZE TESTED

see page 174 for details

$400 WINNER

Nicole Coriaty-Trovato, Eden Prairie, Minn., in the Desserts from the Heart Category. February 1998



Chocolate-Raspberry Cheesecake

Two favorite flavors—chocolate and raspberry—meld like magic in this two-layer dessert.

- 1½ cups finely crushed graham crackers
- ¼ cup sifted powdered sugar
- ⅓ cup butter, melted
- 2 cups fresh or frozen loose-pack raspberries, thawed
- ½ tsp. granulated sugar
- 3 8-oz. packages cream cheese, softened
- 1 14-oz. can sweetened condensed milk
- 4 eggs
- 1 tsp. vanilla
- 1 cup semisweet chocolate pieces (6 oz.), melted and cooled

For crust, combine crackers and powdered sugar; stir in melted butter. Press onto bottom and 2 inches up the sides of a 9-inch springform pan. Set aside. In a bowl, stir together 1 cup of the raspberries and the granulated sugar; set aside. For filling, in a large bowl beat cream cheese and condensed milk with an electric mixer till combined. Add eggs and vanilla; beat just till combined. Divide batter in half. Stir melted chocolate into half of batter. Pour chocolate batter into crust-lined pan. Stir raspberry-sugar mixture into remaining batter. Spoon raspberry batter over chocolate batter.

Place on a shallow baking pan. Bake in a 350° oven for 50 to 60 minutes or till center appears nearly set when shaken. Cool in pan on a wire rack for 15 minutes. Loosen crust from sides of pan and cool 30 minutes. Remove sides of pan; cool cake completely. Cover; chill at least 4 hours. Serve with remaining raspberries. Makes 16 servings.

Nutrition facts per serving: 382 cal., 26 g total fat (14 g sat. fat), 119 mg chol., 257 mg sodium, 32 g carbo., 8 g pro. Daily Values: 27% vit. A, 7% vit. C, 10% calcium, 9% iron.

Photographs: Scott Little

PRIZE TESTED RECIPES

see page 174 for details

$200 WINNER

Anne Frederick, Deerfield, N.Y., in the Desserts from the Heart Category. February 1998



Chocolate-Peanut Mousse Pie

Your most-special valentines will enjoy sampling this decadent dessert.

- 1¼ cups crushed chocolate graham crackers
- 3 Tbsp. sugar
- ⅓ cup butter or margarine, melted
- 3¾ cups whipping cream
- 4 oz. bittersweet chocolate, finely chopped (about ¾ cup)
- 1 cup chopped peanuts
- 1⅓ cups peanut butter flavored pieces
- Chocolate curls (optional)

For crust, combine graham crackers and sugar; stir in butter. Spread onto bottom and up sides of a 9-inch pie plate. Bake in a 375° oven for 5 minutes; cool. Meanwhile, in a saucepan combine ¾ cup of the whipping cream and the chocolate. Stir over low heat till mixture is smooth. Stir in ¾ cup of the peanuts. Pour half the chocolate mixture over crust. Place in freezer and chill about 20 minutes or till set, then place in refrigerator. Cover and refrigerate remaining chocolate mixture. Meanwhile, in another saucepan combine 1 cup of the cream and the peanut butter pieces. Stir over low heat till mixture is smooth. Chill in refrigerator 30 minutes or till cool but not stiff, stirring occasionally.

In a chilled bowl beat remaining 2 cups whipping cream with chilled beaters on medium speed till soft peaks form. Fold about one-third of the whipped cream into the peanut butter mixture; gently fold in remaining whipped cream. Spoon 2½ cups of the mixture over the chocolate in crust. Place in freezer for 15 minutes or till set. (Cover and refrigerate remaining peanut butter mixture.) Spread remaining chocolate mixture over peanut butter mixture. Pipe or spoon remaining peanut butter mixture around edge of pie. Sprinkle with remaining nuts. If desired, garnish with chocolate curls. Chill at least 4 hours or overnight. Makes 16 servings.

Nutrition facts per serving: 410 cal., 36 g total fat (20 g sat. fat), 87 mg chol., 185 mg

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES

see page 174 for details

$200 WINNER

Kelly Thornberry, LaPorte, Ind., in the Hot Potatoes Category. February 1998



Lemon-Basil Potato Puff

The buttery crumb crust adds a crisp coat to this herb-laced mashed potato casserole.

- 2 lb. potatoes, peeled and quartered
- ¾ cup fine dry bread crumbs
- 3 Tbsp. margarine or butter, melted
- 1 Tbsp. finely snipped fresh parsley
- 3 slightly beaten egg yolks
- ¼ cup snipped fresh basil or lemon basil
- 1 tsp. finely shredded lemon peel
- 1 tsp. lemon juice
- 1 cup milk
- 1½ cups shredded Swiss cheese (6 oz.)
- 3 egg whites
- Snipped fresh parsley

Cook potatoes, covered, in boiling water 20 to 25 minutes or till tender; drain. Mash; set aside. In a bowl combine bread crumbs, margarine, and parsley. Press mixture onto bottom and up sides of a lightly greased 1½-quart casserole. In a bowl combine egg yolks, basil, lemon peel and juice, ¾ teaspoon *salt*, and ¼ teaspoon *ground white pepper*; stir in milk and 1 cup of the cheese. Stir milk mixture into mashed potatoes. Beat egg whites till stiff peaks form; fold into potato mixture. Transfer to prepared casserole; top with remaining cheese. Bake, uncovered, in a 350° oven for 45 minutes or till knife inserted in center comes out clean. Garnish with snipped parsley. Makes 8 to 10 servings.

Nutrition facts per serving: 296 cal., 13 g total fat (6 g sat. fat), 102 mg chol., 419 mg sodium, 32 g carbo., 13 g pro. Daily Values: 24% vit. A, 16% vit. C, 23% calcium, 6% iron.



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Campbell's® Beef Taco Bake

Prep Time: 10 min. Cook Time: 30 min.

- 1 lb. ground beef
- 1 can (10 3/4 oz.) Campbell's Condensed Tomato Soup
- 1 cup Pace® Thick & Chunky Salsa
- 1/2 cup milk
- 6 flour tortillas ***or*** 8 corn tortillas (6 to 8"), cut into 1" pieces
- 1 cup shredded Cheddar cheese

1. In skillet over medium-high heat, cook beef until browned, stirring to separate meat. Pour off fat.
2. Add soup, salsa, milk, tortillas and ***half*** the cheese. Spoon into 2-qt. shallow baking dish. ***Cover.***
3. Bake at 400°F. 30 min. or until hot. Sprinkle with remaining cheese. Serves 4.

Free Recipe Booklet: For more recipes send name, address and 50¢ for P&H to: Campbell's, Dept. C., P.O. Box 4116, St. Cloud, MN 56398-4116. While supplies last.



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My Funny Valentine

Make this Castle Mail Holder to store your valentine cards. Turn the page for easy directions.

Valentine's Day—it's the most fun day of the year to let people know you care for them. Cupids-to-be can get that loving message across with our heartwarming projects. Kids, make special cards for Mom or Dad, create your own funny rebus valentines (by using our fun pictures and letters), and build a castle for your cards. And parents, don't miss the great valentine ideas on *page 190*.

continued on page 185



Slice.



Bake.



Love.



BH&G kids®

continued from page 183

The King of Hearts





WHAT YOU NEED:

- square tissue box
- 4 paper towel tubes
- red poster paint
- paintbrush
- black pipe cleaner
- black, red, and pink construction paper
- white glue, scissors

Be the king or queen of your own Castle Mail Holder. Use it for valentine cards collected at school, and then keep it on your desk at home to store special notes and letters received throughout the year.

CUT. Trim four paper towel tubes so that they are 3 inches taller than the tissue box. Cut eight evenly spaced, 1-inch-deep slits around the top of each tube. Fold in every other tab to form turrets. Cut a door and windows from black paper. Cut hearts from red and pink paper for the door and flag. Cut a pink triangle flag and write your name on it.

PAINT. Paint turrets and tissue box.

GLUE. After the paint dries, glue the turrets to each corner of the box. Glue on door and windows. Glue red heart to flag and pink heart to door. Glue flag to one end of pipe cleaner, and glue pipe cleaner on one side of castle.

You'll find this valentine craft and other projects in *The Best Holiday Crafts Ever,* which you can order on *page 194.*

continued on page 186







continued from page 185

Rebus Valentines

Cut out the letters, numbers, and pictures on this page to create heart-pleasing rebus valentine messages. (To make several different verses, you'll need to have this page photocopied.)

We've provided several messages for you to make, but can you come up with any of your own?

U R A (picture of deer)
U R M-(eye) deer
U R A Q-T
M-(eye) (heart) (beets) 4 U
U R M-(eye) (valentine)
(bee) M-(eye) (valentine)
(can) U (bee) M-(eye) (valentine)
(lettuce) (bee) (valentines)
(bee) M-(eye)-N
U R A (honey)

After creating your rebus verses, paste them onto red and pink construction-paper hearts for your valentine.

continued on page 190


The perfect snack is easier to find than the perfect sunglasses.
Take a cue from
Collection of sunglasses
and Handi-Snacks Kid.
you're on the go like she is,
searching for that elusive
perfect pair of sunglasses,
you need a snack that can
go along like the very portable
Handi-Snacks Cheez'n Breadsticks.
And because they're
made with real cheese, as she is
fiddly pointing out, they're more
irresistible than a
close-out sale at the
Handi-Snacks Kids
Handi-Snacks
Cheez'n Breadsticks
aft Foods, Inc.
You gotta hand it to 'em.

BREAKFAST MADE RIGHT



Brad, son of Jennifer Auser, Purchasing Agent, Post Cereals Modesto, CA



SHREDDED WHEAT AND KIDS.
(THAT WAS A TOUGH ONE)
SO WE TRIED A SWEETER
APPROACH.

We tried frosting on the outside with a touch of brown sugar inside. We tried honey and nuts baked in. And now kids can't seem to get enough of either Frosted or Honey Nut Shredded Wheat. (If only we tried this sooner.)





Post

BREAKFAST MADE RIGHT

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BH&G kids®

continued from page 186

Sweet Cards



WHAT YOU NEED:

- construction paper
- markers
- sucker, tea bag, and heart-shaped balloon
- scissors and white glue
- transparent tape

With a little cutting and pasting, you can make special valentine cards with a personalized message inside. For each card, take construction paper (about 7½ by 10 inches in size) and fold it in half.

Sucker card. Cut a red and a white heart and glue to outside of card. Cut out two green leaves, draw veins, and glue. Make a loop with the transparent tape and attach sucker to the card. Inside the card, write: For my sweetheart.

Tea bag card. Draw a tea cup, decorate it with markers, cut, and glue to outside. Attach tea bag with loop of transparent tape. Inside message: You're my cup of tea.

Balloon card. Cut out a yellow sun and clouds and paste it to the card. Attach the balloon with a loop of transparent tape. Inside message: You send my heart soaring.



These handmade cards carry extra meaning for your valentine. (They're great to give to Mom and Dad.) Use the suggested message, or make up your own.



Touch a Heart

Parents, these valentine ideas can make the day fun and meaningful for the whole family.

VALENTINE TREE

Bring bushels of love into your home with a valentine tree. Find a small tree branch and stand it in a vase or sturdy pot. Cut out paper hearts and have every family member write something they love about others. (I love Richie's jokes...I love Nicole's songs...I love Brandon's smile... I love Dad's cinnamon rolls.) Hang the paper hearts from each twig.

HEART PUZZLE

Cut a large heart out of pink or red poster board. Write a loving message on it, then cut it into puzzle pieces. Let your child put the puzzle together.

COUPON BOOK

Help your child make a coupon book, and let your child give it to someone he or she loves. Here are some coupon ideas: Good for one car wash. Redeem for ten kisses. Good for a funny riddle. Redeem for a batch of cookies.

HIDDEN MESSAGE

Write a special note in your child's lunch box today. Use a blunt tip, such as a pencil without a point, to press your message onto the peel of a banana. By lunchtime, the bruised peel will reveal your message.


More "thank-yous" per serving than any other side dish.
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CHICKEN
KRAFT
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CHICKEN
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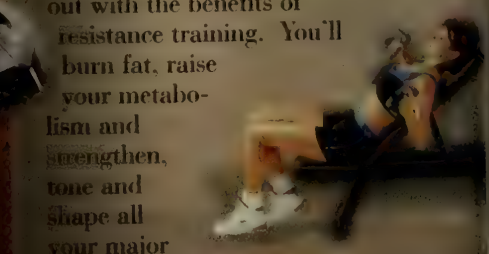


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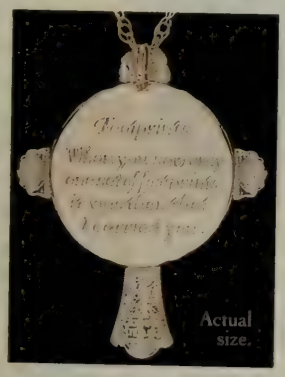


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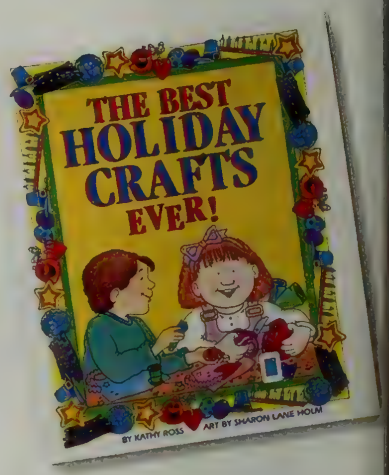


When the weather outside is cold and gray, this whimsical wintertime counted cross-stitch design will chase away the "gloomies." Our **Star Light, Star Bright Snowmen Sampler** is so quick and easy to stitch that you'll want to make several to give as gifts.

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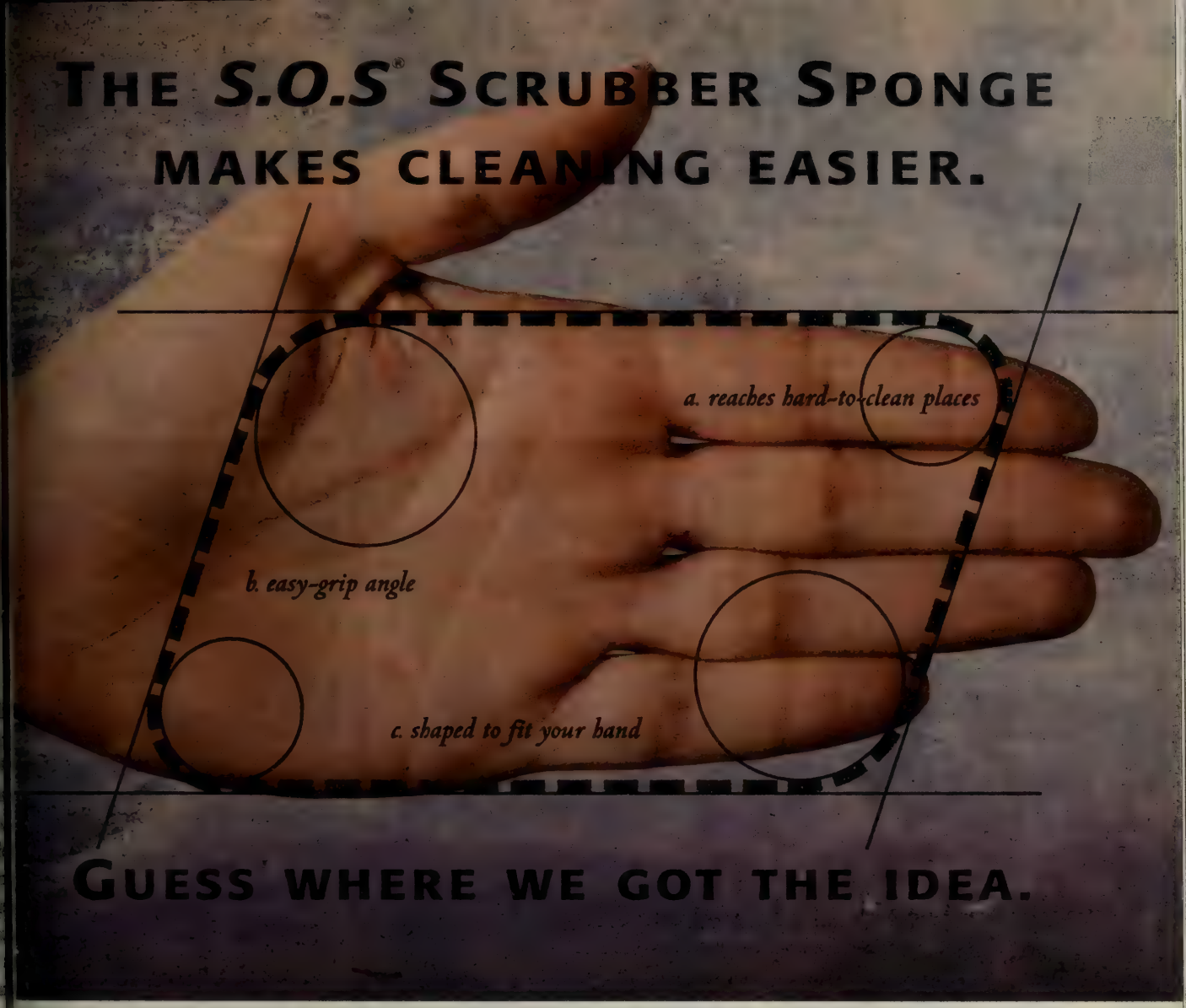
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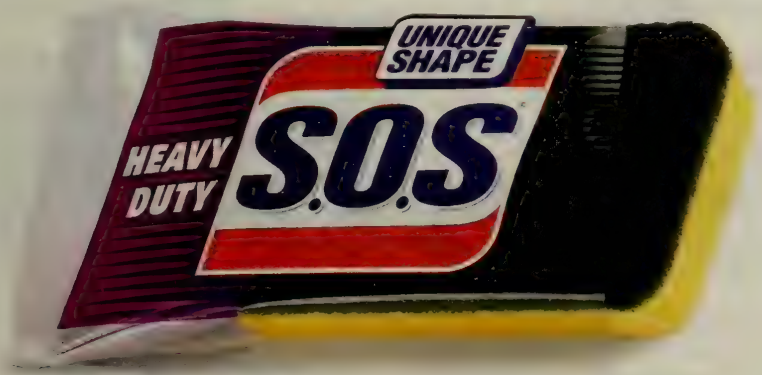
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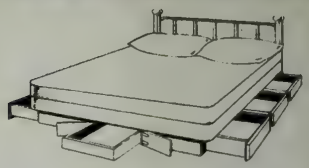
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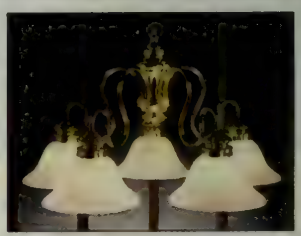
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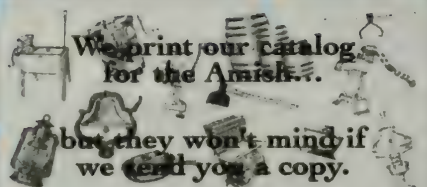
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1998 Better Homes and Gardens®/ NAHB Remodelors™ Council Home Improvement Contest

OFFICIAL ENTRY RULES:

1 This contest is open to U.S. residents, 18 years of age or older, except employees and their immediate families of Meredith Corporation, co-sponsors and Home Furnishings Council, and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 2, 1998 and received by December 1, 1998. Final entry form must be postmarked by February 1, 1999 and received by March 1, 1999. Final entry must include photos of project, written description of objectives, receipts for co-sponsor prizes and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected or illegible entries.

2 You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 1998.

3 Entries will be judged on appearance, function and cost-effective use of materials. In case of a tie, the entry with the highest score or appearance will be awarded the prize. Judging will be under the direction of Better Homes and Gardens® magazine. Co-sponsor awards are also judged by representatives of the co-sponsor. Decisions of judges are final. All winners except for co-sponsor awards will be chosen on or about June 1, 1999. Co-sponsor winners will be selected by August 1999. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within ten days of notification or a new winner may be chosen. Travel companion of Grand Prize winner will be required to sign a release.

4 **PRIZES:** One Grand Prize includes $10,000, plus an all-inclusive, 7-Day Vacation for Two at the Radisson Cable Beach Resort, Nassau, Bahamas and coach airfare from nearest major U.S. airport (some restrictions may apply), 7 nights lodging, all meals/beverages, on-site activities. Accommodations subject to advance notice, space availability and blackout dates. Trip must be taken within one year from date of awarding. Approximate retail value $4,500. Two Runners-up will receive $4,000 each. Eight Class A/Four First Place winners will receive $1,500 each; Eight Class B/Four Second Place winners $750 each; Eight Class C/Four Third Place winners $300 each; 72 Merit winners will receive $100 each.

5 For a list of prize winners (available after August 1, 1999), send a separate self-addressed, stamped envelope to Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest Winners' List, P.O. Box 14494, Des Moines, Iowa 50306-3494.

6 Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright in all entry material, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his/her family and property by Meredith Corporation and co-sponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication in any other magazine.

7 Contest is subject to all federal, state and local laws and regulations. All liability for federal, state and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law.

8 Residents of AZ, MD, ND and VT are not eligible to win the co-sponsor and Home Furnishings Council Awards. No prize transfer or substitution.

9 "Why My Home is My Haven" Contest Rules. Only eligible entrants to the Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest may enter. Type or legibly print a 50-100 word essay describing "Why My Home is My Haven." Place in a separate envelope labeled, "Why My Home is My Haven Contest," and include with Home Improvement Contest entry. The essay submitted must be original and cannot have been previously published. Entries will be judged on originality and clarity of expression. Judging will be under the direction of the Home Furnishings Council. Material will become the property of the Home Furnishings Council. By acceptance of prize, winner agrees that all rights, including copyright, are assigned to Home Furnishings Council. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his family and property by HFC, without additional compensation.

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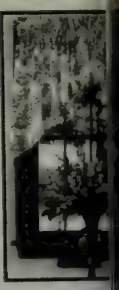
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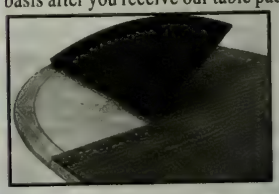
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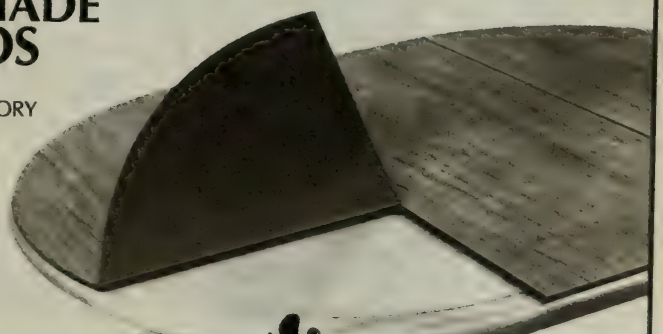
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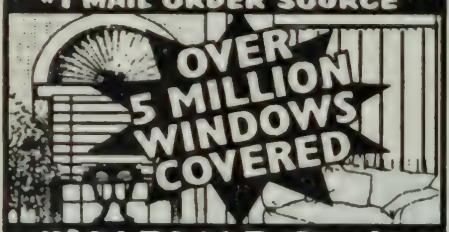
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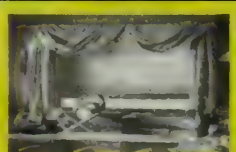
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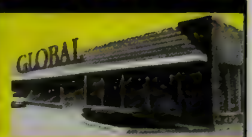
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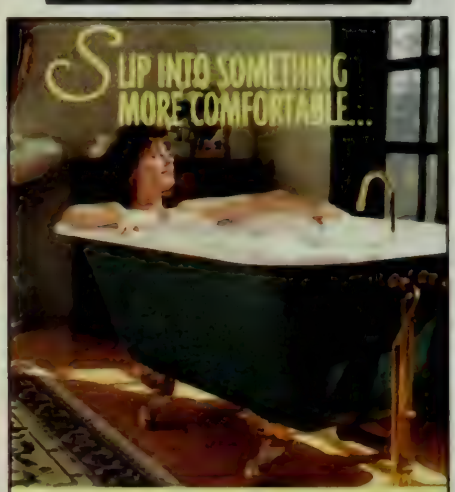
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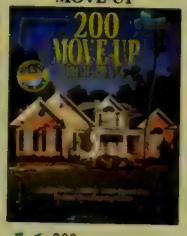
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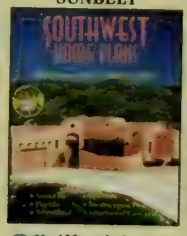
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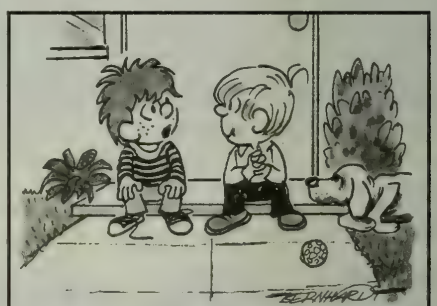
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"Seems to me that if we've been good they should reward us by letting us be a little bad."

Banker Helen Newsome says the young couple that recently moved in on her block is already trying to keep up with their neighbors and they haven't even introduced themselves yet.

Grandma Hillis has never been a fan of television. However, she says the commercials are entertaining "if you can just put up with the nonsense in between."

Campus dances used to be a good way to meet people when I was in college. Daughter Rosemary says you can get the same results much quicker just by having a large pizza delivered to your dorm room.

Business traveler Lee Bayless says the quickest way to get some peace and quiet on long-distance flights is to tell your chatty seatmate that you're a psychiatrist.

Sue Davis confides that one of the major problems with being married to a detective is that it's almost impossible to plan a surprise birthday party.

The Rev. George Hall was over for dinner the other night and he offered his theory on why family Bibles endure for several generations. "They simply don't get used enough," he says.



"I'm not applauding your physique. I'm trying to turn the lights off."

Elaine Cowan says that her company's president is a natural leader, with half the staff convinced he knows what he's doing and the other half tagging along "just to see what he'll do next."

"There are plenty of great ideas in Washington," insists Congressman Nick Hanfli. "The trouble is that by the time they get implemented, the original problem has changed into something else."

Burton Hillis

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Mud Pies Au Lait du Chocolate
1 bucket high-quality mud
1 little girl
1 glass chocolate milk
1 dog (any size)
1 Armstrong kitchen floor
Little girl takes half of mud, makes round shape, leaving other half to cover floor. Dog discovers chocolate milk and spills it. Wipe Armstrong CleanSweep floor with damp paper towel. Compliment mud pie. Suggest making next one in back yard.
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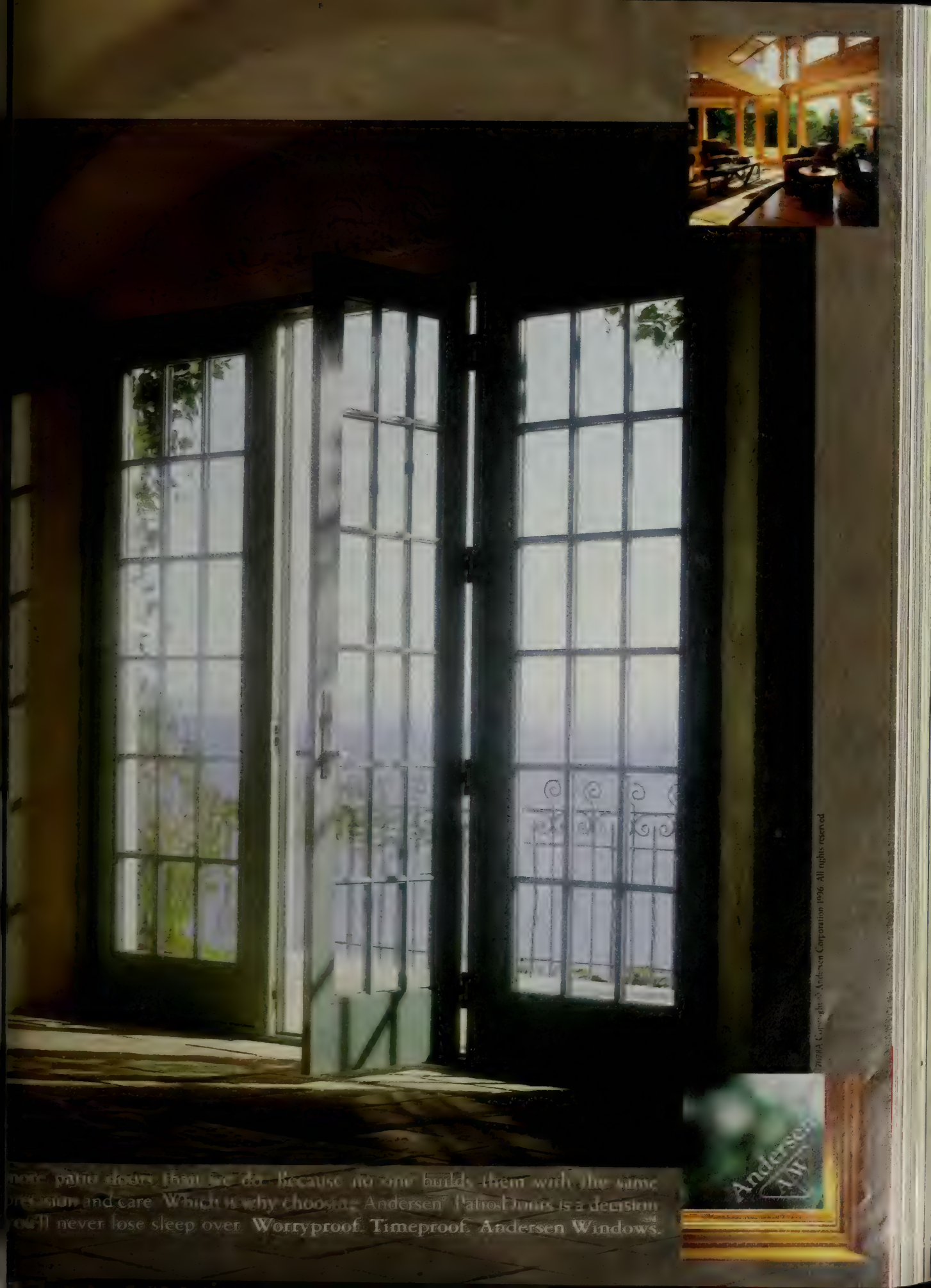
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Melanie is wearing Age Defying Makeup in Natural Beige,
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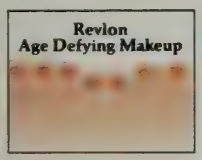
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between friends



ANDY LYONS

Waste was a four-letter word when I was growing up. In fact, my parents considered wasting *anything* a sin that ranked right up there with pretending to be sick to get out of going to Sunday school. Maybe, as sins go, wasting was even worse than truancy.

I remember Mom rinsing aluminum foil and folding it neatly so it could be used again. And my dad never threw away bent nails, but pounded them straight to be used on the next building project. Come to think of it, we recycled before recycling became the socially conscientious thing to do.

But much as we conserved and preserved "things," there was one still more precious commodity we could not waste: Time! I was taught to believe that time, like our health and resources, was a gift from God, not to be taken lightly and, certainly, not to be squandered. And I learned the lesson well. (Why else would I, while attending a business meeting in Arizona, spend my free afternoon having my editor's column photo taken?)

In my adult years, I realize most things can be replaced, but time can't. Use it or lose it! That may be why my favorite story in this issue is "The Unwatched Pot" (*page 170*). Its recipes let me start a dish, then move on to a whole list of things to do while the food cooks.

Time *is* precious. My folks were right. And I hope I'll hear my own daughter say that someday, because she, too, was taught that wasting time is worse than skipping Sunday school.

Jean LemMon

Jean LemMon, *Editor in Chief*

s your SKIN ready to come out of hiding?

It's no surprise that winter is the season of our skin's worst discontent, often leaving it so dull and lackluster that the mere thought of turning in our long-sleeved turtlenecks for short-sleeved tees makes us want to run for cover. But now, during Skin Awareness Month, you can start repairing winter damage and help return your skin to a smoother, healthier-looking condition in just two weeks.

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with these
kin Caring Strategies

- ake shorter showers or baths (four to five inutes, tops). Use lukewarm (not hot) water help prevent protective skin oils from being ripped away.
- Wash skin with a gentle, moisturizing cleanser.
- pply a moisturizer immediately following a ath or shower, to seal in moisture.
- Cover exposed skin with a UV protectant to elp prevent potential skin damage and oisture loss.
- rotect hands from the drying effects of water, arsh chemicals, and cold weather by wearing loves.
- eplace moisture in dry environments with umidifiers and vaporizers.
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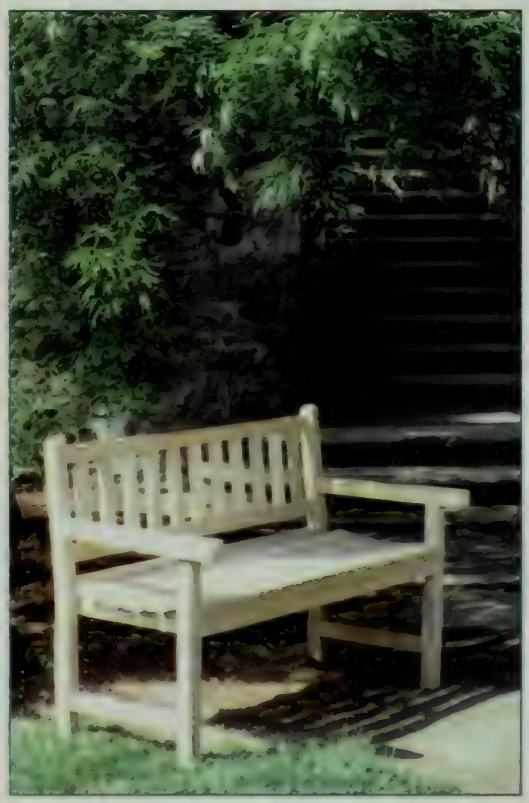


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When my son transferred our old home movies to videotape, he decided not to accompany the pictures with background music. Instead, he hid a microphone in the room to capture the family's spontaneous comments and amusing anecdotes that were shared as we watched the silent video. Our responses flowed freely because we didn't realize we were being recorded. This tape has become a cherished heirloom.

Beverly Roetto
Pierce City, Mo.

Take a Spell in the Tub

Now that our second grader is more involved with homework and extra activities, our evenings are over before we know it. To save time, we practice his spelling words with him while he's bathing. I buy small soap shapes in various colors so he can write the words on the sides of the tub when I ask him to spell them. His 4-year-old sister practices her letters this way.

Becky Jackson
Bend, Ore.

Nail-Painting Party Wins Hands Down

I'm always looking for party themes. Since my daughters love to do their nails, I thought a manicure party would be a sure hit. The invitations were made by tracing my children's hands on card stock and painting the nails. At the party, we had the guests soak their fingers in bowls of warm water and scented oil, and then pair off to give each other manicures. Several colors of nail polish were handy, as well as some acrylic paint and brushes for nail art. We finished with scented lotion.

Patti Dover
Pocatello, Idaho

Mom Keeps File on Places Worth Visiting

When I learn of a great place to take our young son, I always clip or write down the information and put it in our "places to take the kid" file. This file, which contains information about museums, fun parks, local events, and historical places, comes in handy for rainy days, free weekends, and summer vacations. I include places he will enjoy when he's older, too.

Kris A. Gibbs
Irvine, Calif.

In-Laws Made to Feel Useful

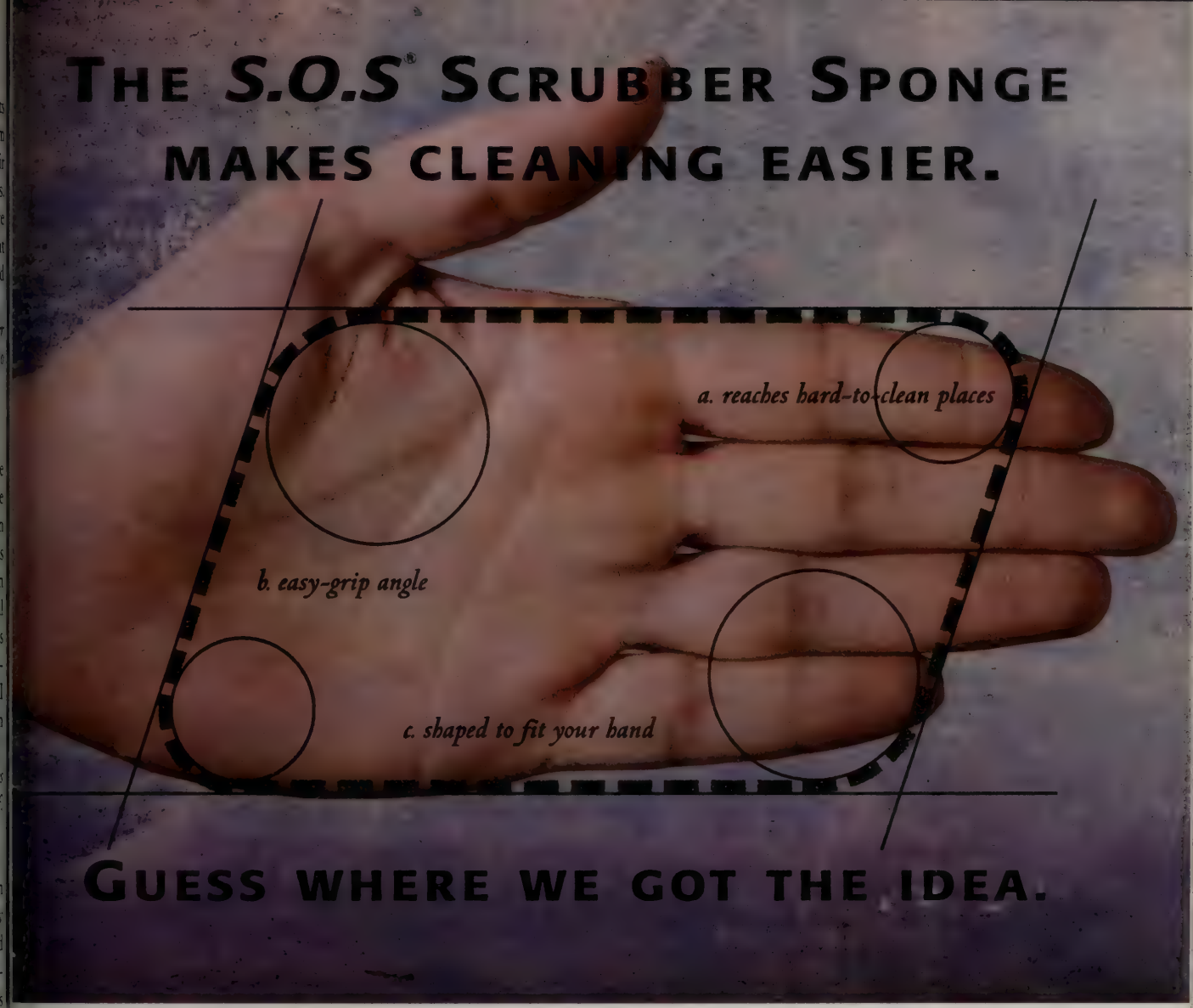
When my elderly in-laws moved in with us, I realized they were unhappy because they felt useless (my husband and I did all the cooking and cleaning). Although their mobility was limited, I found jobs they could handle. For example, my mother-in-law folded laundry and polished silver, and my father-in-law became the potato peeler and cabbage cutter. They actually looked forward to their daily chores.

Rita Schmidt
Bethpage, N.Y.

Write to Us

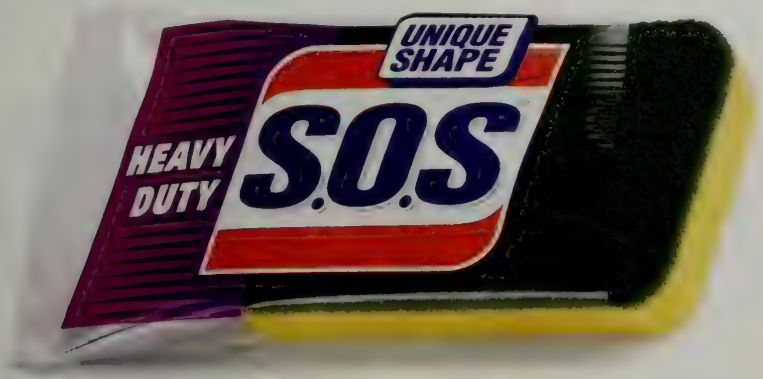
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Rugs to the Rescue

Rescue floors from a chronic case of the doldrums. Start with an inexpensive rug, then add paint, fabric, or yarn in the colors, patterns, and sizes that suit your room.

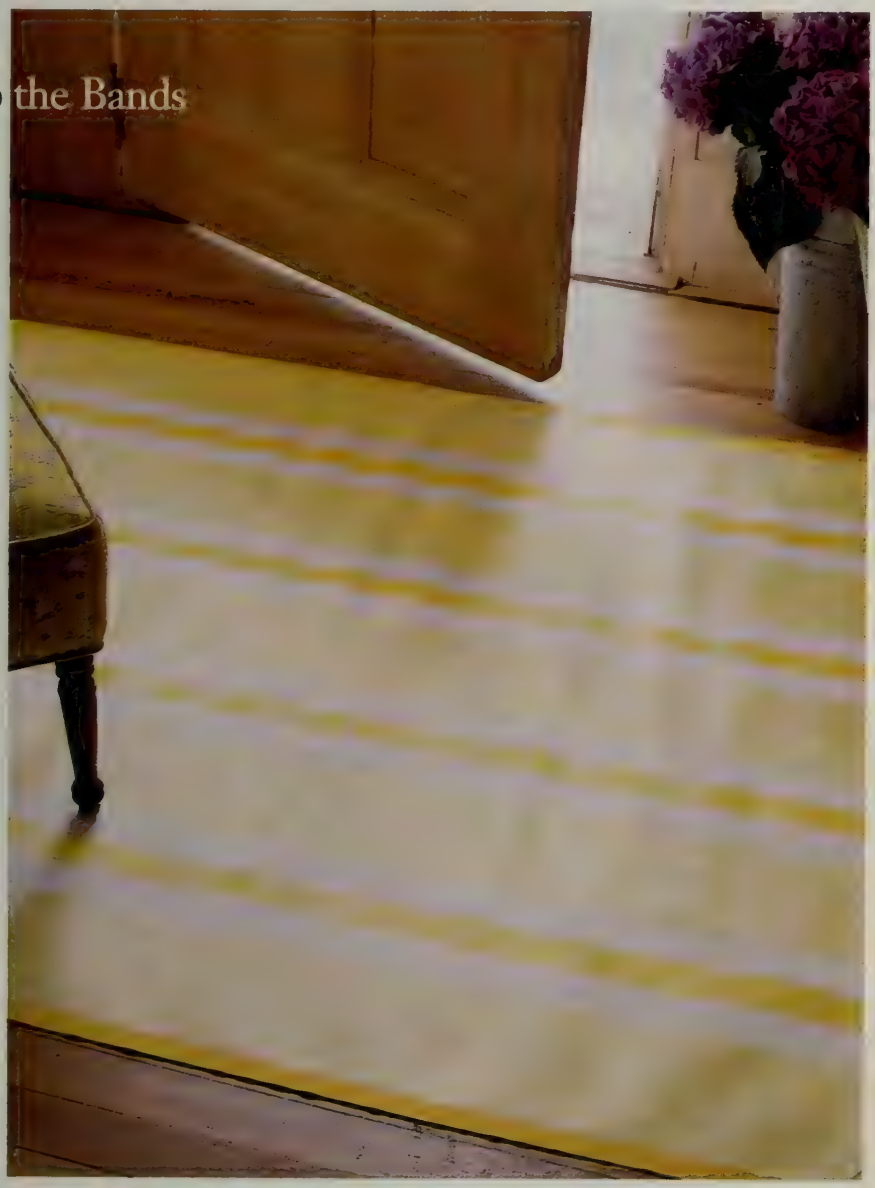
Stripe Up the Bands

Add color and pattern to your floors with a painted floor canvas. Use a 6-foot section of 52-inch-wide, pre-primed heavy artist's canvas or floor cloth canvas (available at art stores for about $9 per yard).

With a pencil and a tape measure, mark off intervals for the stripes at both ends of the canvas. Beginning on one side, make a mark at 6¾ inches, then mark off seven 5½-inch intervals. Use a yardstick to pencil in lines from end to end. Starting from the left side of the canvas, apply 2-inch-wide, low-tack painter's tape along the right edge of the first line. Then, follow this pattern of taped and untaped intervals: 1½-inch interval, 2-inch tape, 5½-inch interval, 2-inch tape. This pattern repeats across the rug, until another 6¾-inch interval remains on the opposite side of the canvas. Seal the tape edges with a credit card.

Using a foam brush and latex paint, paint the wide stripes light yellow and the narrow stripes dark yellow (*bottom, left*). When the paint is dry, remove the tape (*bottom, right*). Mask off a 1¼-inch border around the entire canvas; paint with dark yellow paint. When the paint is dry, remove the tape. Top the completed design with two coats of nonyellowing polyurethane to protect the surface from damage.

continued on page 20







Keep 'Em in Stitches

Soft chenille rugs line up side-by-side to form a bold geometric runner. Use two alternating colors like we've done here, or use four different color rugs. We joined two pairs of 24×36-inch rugs to form a 3×8-foot carpet that's perfect for a hallway or other narrow space.

First, join the rug edges with an invisible whipstitch, using carpet or buttonhole thread. Runners take lots of wear and tear, so use small, tight stitches and a double thickness of thread. Work with short lengths of thread—no longer than 18 inches after doubling—so the thread tangles less and wears better.

For the decorative zigzag topstitch, thread a triple strand of tapestry yarn through a large-eyed tapestry needle (both are available at needlework shops). Using 4-inch stitches, sew from one rug diagonally across the seam to the other rug. Take a small stitch through the rug's top surface (*below*), then run the thread diagonally back to the first rug. Take another small stitch and continue until you reach the other side. Use a ruler (or, if the rug has a uniform design, count the pattern) to keep your stitches even.

continued on page 22



Long zigzag stitches done with wool tapestry yarn serve as a decorative finish to rugs joined by invisible whipstitches. Choose a yarn that's a few shades darker than the darkest rug so the stitches show on both sides of the seam.


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Hip to Be Square

Maize rugs are perfect for painting. Woven from maize grass, these slightly absorbent mats are less coarse than sisal. Because they're constructed in stitched 1-foot squares, you don't need to measure or tape before painting. Just use the squares as your guide.

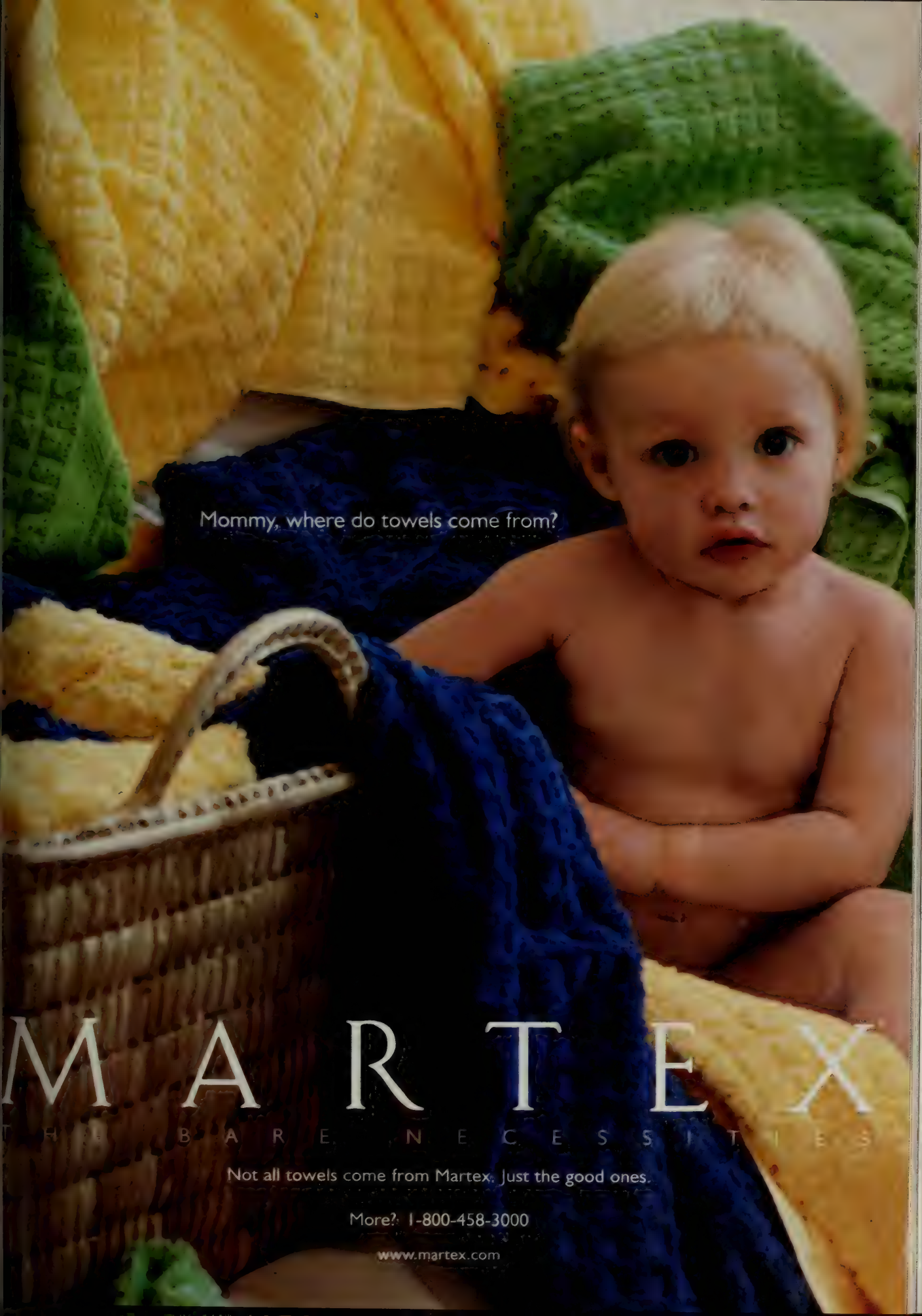
For a 6×6-foot maize rug, use a 3-inch-wide roller to paint the center four squares with orange latex paint. Paint one row of green squares along the outside border edges of the rug. After the center and border paints dry, paint the remaining squares yellow. Or, choose colors to match your decor.

This method of painting covers only the top surface of the textured rug, resulting in a gently worn look. If you prefer a brighter, more solid finish, paint additional coats, gently pressing the paint into the grooves of the weave. Fill in with a paintbrush if necessary. Always work on a drop cloth though, since the paint may bleed through.

continued on page 24



Square-patterned maize rugs eliminate the need for measuring and taping a straight-lined pattern—just use the edges of the squares as your guide and roll on the paint. For a smaller pattern, follow the inner design lines of each square.


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Checking the Border

A touch of red and white gingham in upholstery-weight cotton canvas adds a homey accent to a navy sisal rug. Other durable fabrics work just as well—seaworthy nautical prints, formal-looking solids, and pretty garden florals.

For a 4×6-foot sisal rug, you'll need 2½ yards of fabric. Cut two 11×90-inch strips and one 11×63-inch strip. Form one long strip by joining the short ends with ½-inch seams. Press under long edges ½ inch; topstitch ¼ inch from the fold.

The border is glued to the wrong side of the rug first, then the right side. Starting anywhere along one long edge of the rug, lay the border so it covers the outer 3 inches of the rug, wrong sides facing. Glue in place. At the corners, fold the fabric so folds meet to form a diagonal seam. Trim away the excess fabric beneath, leaving the folded edges; glue in place.

When finished, turn the rug over. Fold the border over the edge, so it covers the outer 7 inches of the rug. Repeat gluing steps for the right side. Overlap the starting point, turning under the strip's raw edge. Glue or slip-stitch the overlap in place.

Buying information, page 64



A navy sisal rug, 2½ yards of fabric, and a hot-glue gun are the makings for a bright bordered mat. Replace the border by peeling away the fabric and gluing a new border in place. Change the color of the rug with latex or spray paint.



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New research into estrogen loss and the effects of menopause. Wyeth-Ayerst, the maker of PREMARIN, has established the Women's Health Research Institute (WHRI). WHRI is dedicated to the discovery and development of medicines that help women live longer, healthier lives, and to ongoing research into the effects of estrogen loss and estrogen replacement therapy. A heritage of confidence... a commitment to your future. Good reasons why PREMARIN is an important part of your life...now more than ever.

There can be side effects with hormones. One side effect of estrogen replacement therapy is the possibility of developing cancer of the uterus. If you have had a hysterectomy, you don't have this risk. Adding the hormone progestin to your estrogen greatly reduces this risk.

When you discuss hormone replacement therapy with your doctor or health care provider, be sure to discuss your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, or heart disease. Women who are pregnant should not take hormone replacement therapy because of possible risk to the fetus.

If you have any questions about your PREMARIN prescription, speak with your doctor or health care provider.

Please be sure to read the important information on the following page.

"Taking my PREMARIN is something I do for myself every day. PREMARIN will continue to be my estrogen, now, more than ever."

For me, it's **PREMARIN®**

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BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.
To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).
To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled "**OTHER INFORMATION.**"

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling; or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the most current Premarin Tablets Direction Circular, CI 3908-9, Revised May 21, 1997.

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help for problem windows

by Catherine Kramer

In an ideal world, windows are every room's eye-drawing focal point. But what about those real-life windows that are awkwardly positioned on the wall? Or oddball sizes that are hard to dress? Figure-flattering window treatments—some involving furniture placement—provide the solutions. For instance, the contemporary bank of plate glass windows (*above*) brings the outdoors in but can be too bright on sunny days. The windows are too close together to hang curtains without overlapping and covering the wood casings. Individual bamboo Roman shades offer a sunblock and a bit of privacy while preserving the integrity of the architecture. Also, the texture complements the natural wood casings.

continued on page 32

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help for problem windows



A large rectangular window is a happy addition to any room when its boxy shape is softened with a well-chosen window treatment. But even with a scalloped valance, a dressy drapery that features straight lines at the top and sides is still too rigid to break up the geometry. What's needed are some nicely thrown curves. Tieback panels bring welcome shape to the window's straight lines (*above*). A loosely swagged valance that dips down low in the center and fans out in panels at the side introduces curves to the window's top and sides. Even the horizontal line across the top of the valance is broken up by tabs. Using two different fabrics for the valance and side curtains creates visual interest that makes the rectangular window shape less noticeable.

The hard lines of this drapery's side panels and valance top reinforce the boxy shape of the window (*above*). Even the valance's scallops do little to soften, because of their regularity and repetition.

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COROLLA



the moon, late 1960's

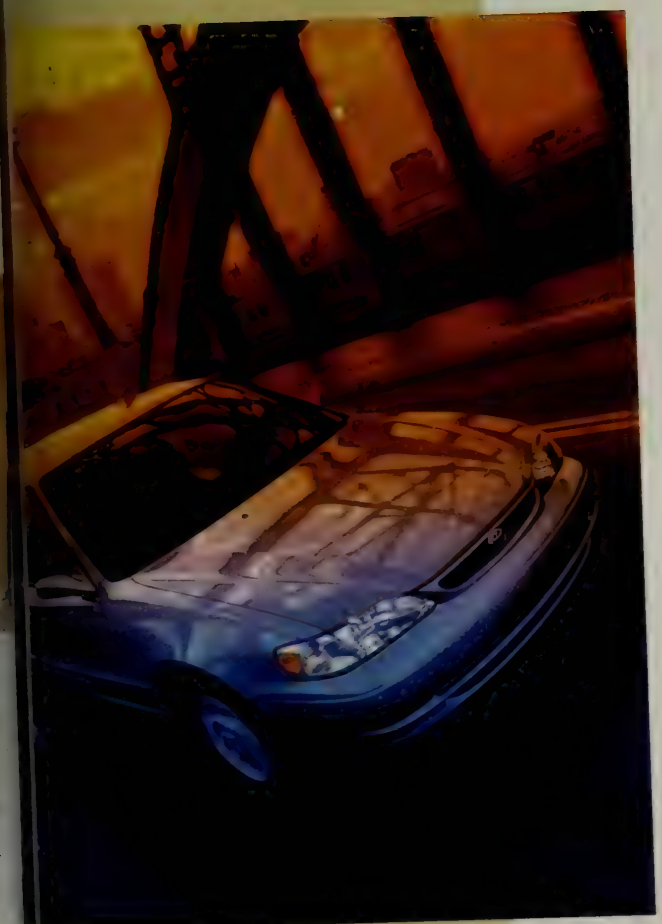
my, my, how things have changed.



mars, late 1990's



corolla, 1968



corolla, 1998

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help for problem windows





Long side panels that attempt to increase the visual length of this small window (*above*) only call attention to its shortness. For the window to fit in better proportion to the wall, what's needed is a solution that also increases the window's perceived width.

Sometimes the best way to treat a too-small window is to focus on the wall around it. Hanging curtains to the floor only accentuates this window's shortcomings (*left*)—especially when there's nothing on either side to expand its perceived width. The makeover (*above*) shortens the curtain length to the window base but raises the rod, making the window treatment the tallest element in the room. The rod also is 20 inches longer than the window's total width; with the curtains falling mostly beside the window, it looks wider. But the wimpy window really gets the support it needs when surrounded by freestanding bookcases. A series of three low cabinets forms a window seat to give the panes bay-window stature. Tall bookshelves on either side skim just below the curtain rod, integrating the window into the room while retaining the window's focal-point position.

continued on page 36

The Art of the LAST KRAFT Minute BRAND MEAL



featuring Campbell's®

15 MINUTE CHICKEN & RICE DINNER

1 Tbsp. oil
4 small boneless skinless chicken breast halves (about 1lb.)
1-1/2 cups water*
1 can (10-3/4oz.) CAMPBELL'S Condensed Cream of Chicken Soup
1/4 Tsp. each paprika and pepper
1-1/2 cups MINUTE Original Rice, uncooked
2 cups fresh or thawed frozen broccoli florets

1 HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cover. Cook 4 minutes on each side or until cooked through. Remove chicken from skillet.

2 ADD water, soup and seasonings; stir. Bring to boil.

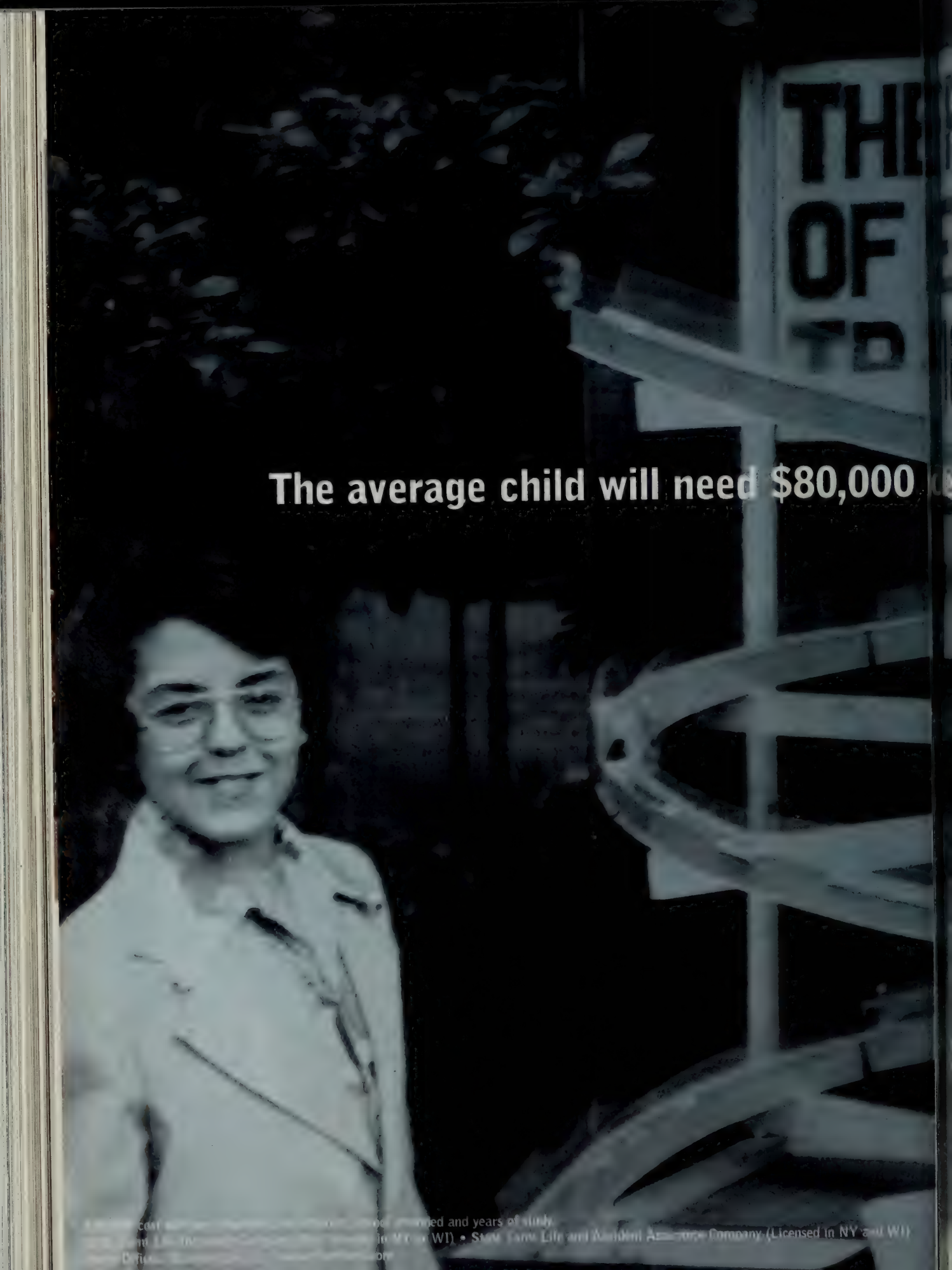
3 STIR in rice and broccoli. Top with chicken; cover. Cook on low heat 5 minutes.

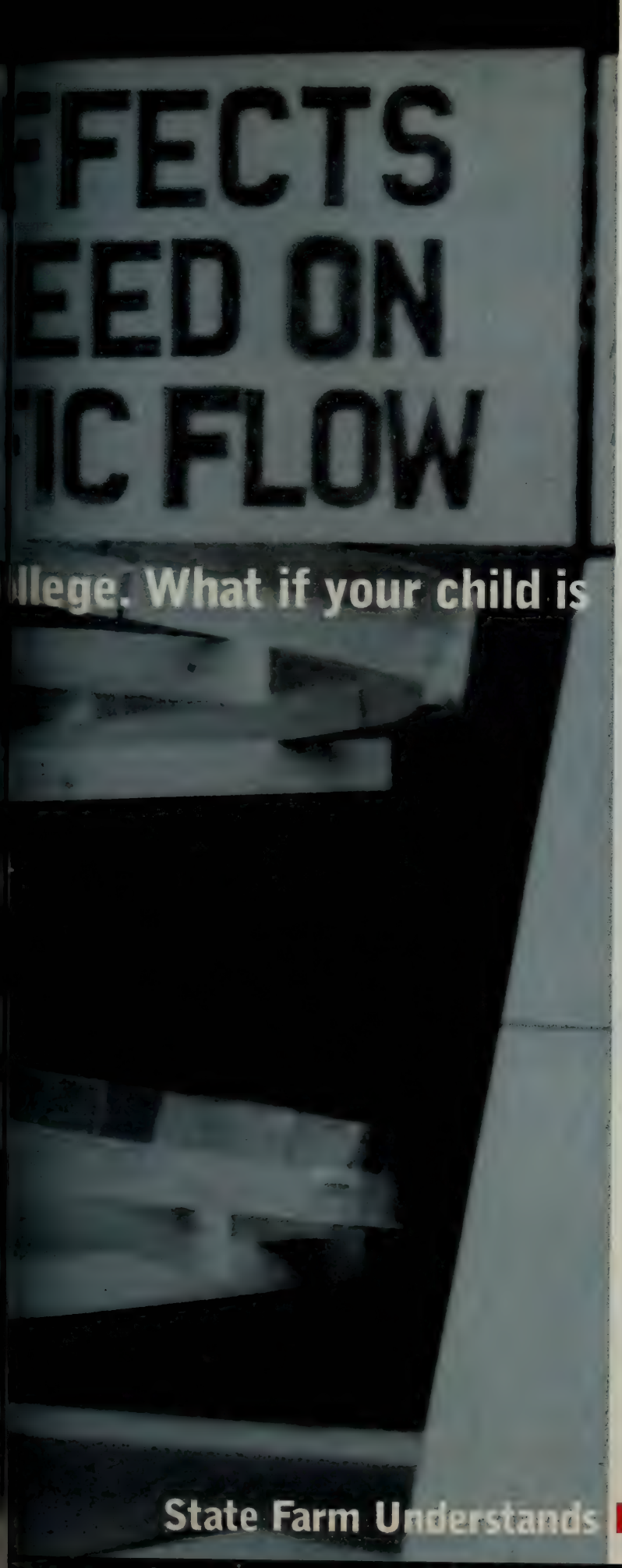
makes 4 servings

* For creamier rice, increase water to 1-2/3 cups.
NOTE: Thicker larger chicken breast halves may require additional cooking time.

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by Kristine Kennedy



PERSONALITY kitchens

There's no denying the popular appeal of the all-white, big-island-in-the-middle kitchen. But if clean and pristine leave you ho-hum, there are ways you can add pizzazz with individual touches. Creating a space that reflects your personality means tuning into your tastes, using treasured items, and taking chances. Follow the lead of these three homeowners, whose kitchens say something special about them.

continued on page 42

When was the last time you had a totally organic experience?



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QUICK FIXES

Sometimes economy sparks ingenuity. When Helen Hindman (*above*) bought her adobe ranch-style home, major repairs required her to pour money into roof patches and electrical rewiring, leaving precious little to remodel the white, characterless kitchen. So she focused on fixes that were quick and livable.

"I think I was much more creative with my solutions because I thought 'Oh, this will just be darling for six months,' " she says. She added color to cabinets, played up her dish collection, and covered the floor with red vinyl tiles. Though each change was short-term, Helen now wants the look to last.

continued on page 44

creative

Paint is an easy way to make an instant impact, and it became Helen's friend during her make-do kitchen fix-up. Unable to afford new cabinetry, she removed the doors from upper cabinets and painted the frames red (*above*). Making the lower cabinets green minimizes the "eyesore" green tiles on the countertop. A local set designer added the cabinets' flourishes to match a piece of German toleware. In love with red, Helen even had professionals reglaze the sink in her favorite color. She saved so much on the decorative face-lift that she recently splurged on a new commercial-style stove (*right*).







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 continued from page 42



OLD AND NEW

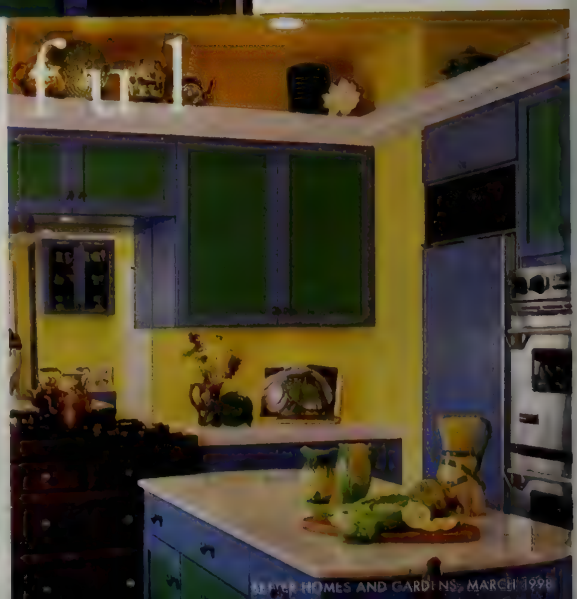
After living for years in a dark, cramped kitchen typical of 1920s houses, Nancy White longed to open, lighten, and color the space. "I wanted a bright, happy, kid-friendly kitchen," she says. The kitchen is the only room in Nancy and husband Jonathan's house that does not have a direct garden view. An avid gardener, Nancy coated the kitchen in super-saturated color to simulate the feel of a summer garden. Bright green, blue, and yellow paint strike a balance with old-fashioned details. For more light, 70-inch-long windows replaced narrow ones, and a mirror behind the cooktop (*below*) bounces back sunlight. Bougainvillea is planted on a trellis outside the window for a garden feeling inside and out.

continued on page 46



colorful

In this to-the-studs remodeling, Nancy re-created many old-fashioned features to act as foils to the zippy contemporary colors. Beadboard is used on some walls, the island ends, and even the refrigerator front (*right*). To create the look of an old piece of furniture, the cooktop is built into a stained-and-distressed freestanding cabinet. Even the drawers are functional. The marble-topped island suggests an old-time table. Molding and window trim were custom-made to match the woodwork in the rest of the house. A dark English table (*inset, top*) is a great spot for breakfast or after-school dominoes for Nancy and her 13-year-old son, Allen.





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IT'S TEATIME

Interior designer Joanne Eberle Roman started buying china when other girls were buying nail polish. She hosted her first "adult" tea party at age 14. Today she gives lessons to children on teatime and party manners. Naturally, she is drawn to English Country style.

Her kitchen is part of an addition that quadrupled the Romans' home from 600 to 2,400 square feet. The challenge was to design a kitchen that both showcased her china and provided a comfortable space to raise her daughters Jocelyn, 14, and Beatrice, 5. Every day, the family settles on the kitchen sofa for tea. "It is the way we like to live," says Joanne, "and I wanted the house to reflect this."

continued on page 48

collected

This kitchen centers around Joanne's collection of "Pink Tower" Spode china. She collaborated in the design of the millwork and cabinetry (*above*) to include display space for her dishes. The teapot wallpaper border at the ceiling sets the room's color scheme, dictating deep pink shelves and pale green walls. To achieve the high-sheen look she desires for her maple countertops, Joanna sands and refreshes them with linseed oil every six months. On the floor, commercial-grade tile in three colors is arranged in a gingham pattern. The sofa (*inset, top*) is a cozy sitting spot for Joanne, her husband, Robert, and her daughter, Beatrice.



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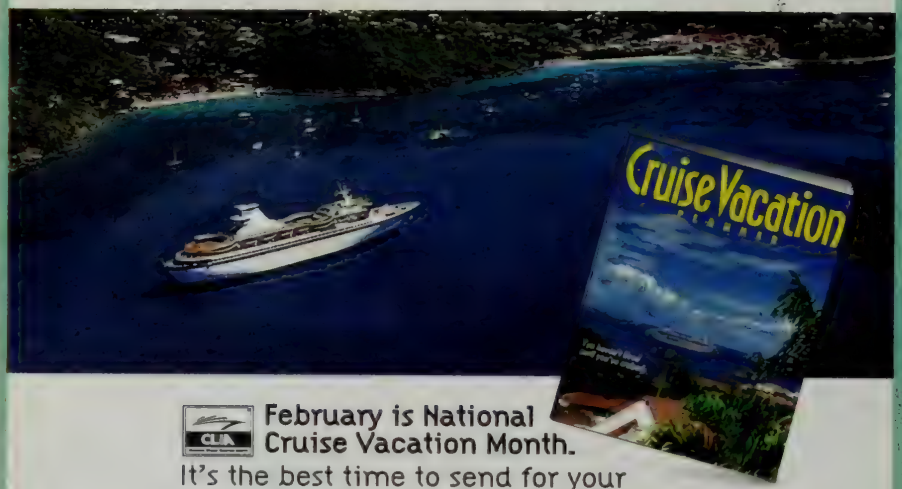
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colorful

When deciding on a color palette, look for pleasing combinations in items you already have, such as dishes, fabrics, or wallpaper. Nancy's garden is the inspiration behind her kitchen's color (*above*). Whether you're working with a neutral or bright color scheme, try choosing an overall primary color (for walls), a secondary color (for cabinets, doors, window treatments, or tablecloths), and an accent color (for trim, knobs, and accessories).

PERSONALITY KITCHENS *continued from page 46*



creative

Effective display shelves help put accessories in their best light. Removing doors from upper cabinets creates open space for collectibles (*left*), while skirted lower shelves hide practical items. To keep plates secure, make grooves in shelves as a spot for plates to rest.



collected

This teapot wallpaper border (*above*) mimics a china collection. If china isn't your cup of tea, there are many novelty wallpaper borders and sidewalls available that may reflect your interests, such as flowers, food, animals, garden tools, or books.

EXPRESS YOURSELF

Sound structure and a hardworking layout are important to a good kitchen design, but the details make the space yours. If you don't have a collection of anything, just look around your house for items that represent your experiences. They may include handed-down furniture, family photographs, or travel souvenirs. Work these into your scheme. When possible, do some of the creative finishing work, such as painting, sewing, or arranging, yourself. The finished room will mean more. ⌂

Buying information, page 64



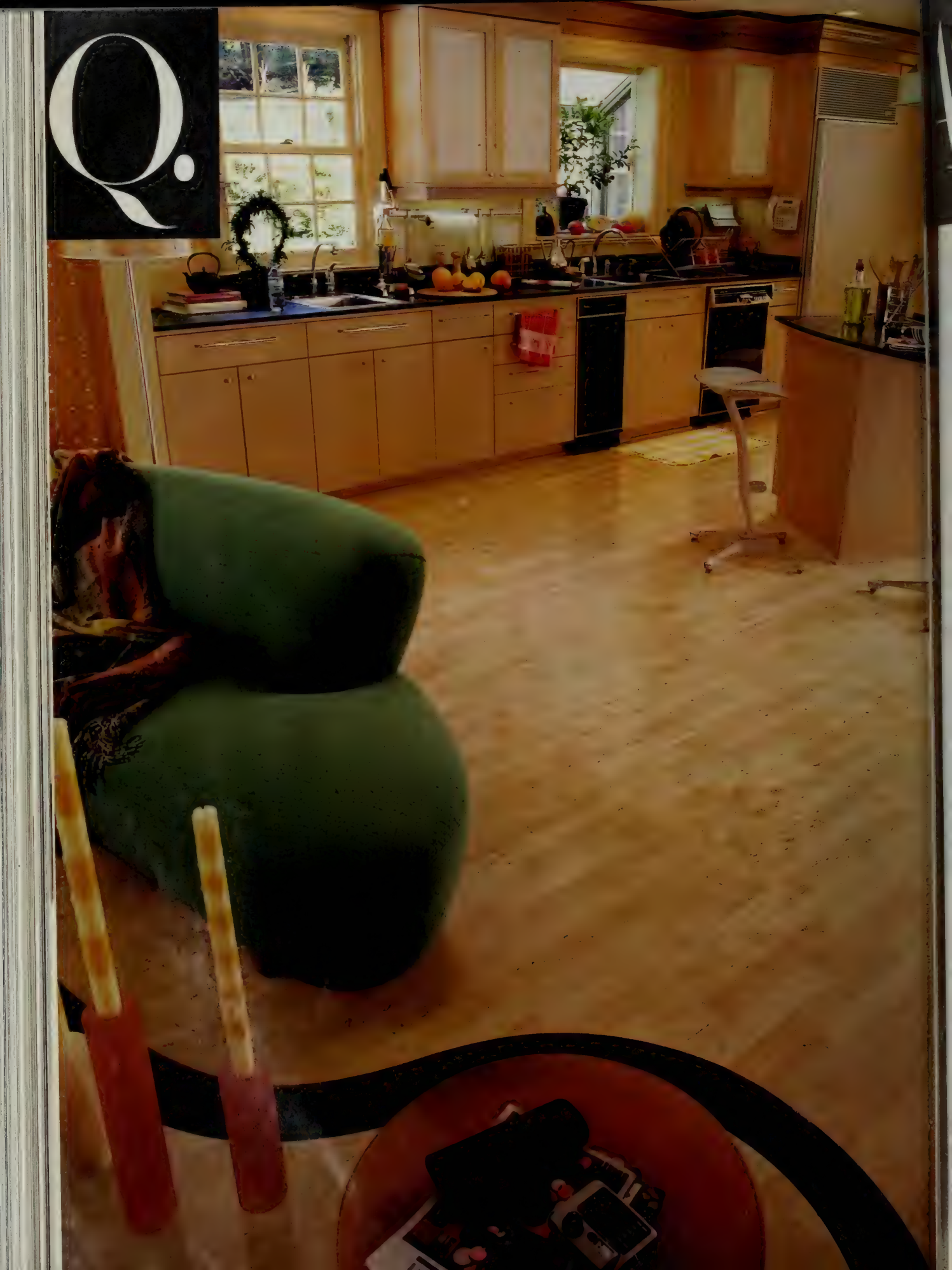
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Great Divides

Three ways to make one room work like two

by William L. Nolan and Joseph Boehm

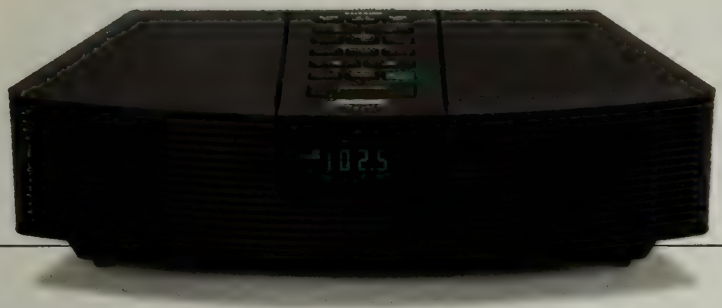
Moving to a bigger house or adding on can be costly ways to get that extra room or two you need. Here's a cheaper, simpler strategy: Customize the space you have with a handsome, hard-working room divider. Whether crafted from scratch or assembled with ready-built components, room dividers are smart strategies for putting your home back in step with the way your family lives now.

Versatility and good looks go hand in hand with the modular wall system that divides this family room (*above*). Its plywood and glass panels stack to fit a standard-size ceiling height, and the whole wall can be assembled by two people with a few common shop tools (level, mallet, and screwdriver) in less than half a day.



Adding a wall gave this 20-foot-long family room (*above*) a new life as two rooms: a sitting area (*top*) near the kitchen, and a home office (see *page 54*). When not needed, the wall can be disassembled and stored in a box.

continued on page 54



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Popular Science calls it "a sonic marvel." *Radio World* says it's "simply amazing...a genuine breakthrough in sound quality." *It* is the Bose® Wave® radio. And it's why hundreds of thousands of people are hearing music the way it was *meant* to be heard—rich, full, and lifelike.

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Great Divides

Pop-in-Place Panels

In this system, vertical modules spaced approximately 2 feet apart take the place of 2x4 studs, and decorative panels form the wall surfaces. The edges of the verticals are cut from 1x4 poplar; their other parts are cut from ¼-inch-thick hardboard.

Adjustable pads top and bottom pressure-fit the wall between the floor and ceiling. Horizontal bars cut from poplar drop into place between the verticals to provide lateral stability plus support for shelving. The panels are plywood squares measuring just under 2 feet on each side and framed with poplar. Screws driven through the corners of each panel match up with predrilled holes in the verticals, and shelf modules slip into the open spaces between the verticals. Conduit or extension cords can be snaked through the system to provide power for lamps, appliances or electronics.



Each vertical support consists of four sections approximately 2 feet long. Adjustable rubber anchor the supports at top and bottom. Glass and plywood panels form the wall's skin.





The completed partition (*above*) turns what had been a typical 13x20-foot family room into two new spaces: a cozy morning room (on the right) and a handy home office (on the left). Decorative panels in the morning room are natural-finish veneer plywood, while those in the office (*left*) are covered in raw silk fabric. Frosted glass panels in the top row let light spill into the office from the morning room, and adjustable shelves offer display space at one end.

continued on page 58



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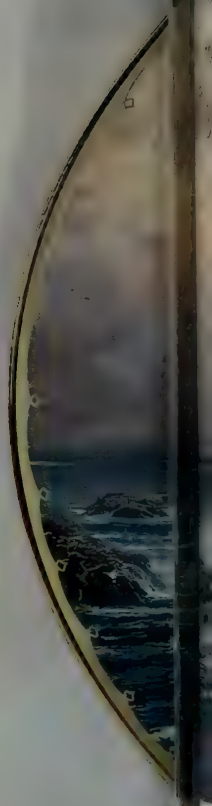
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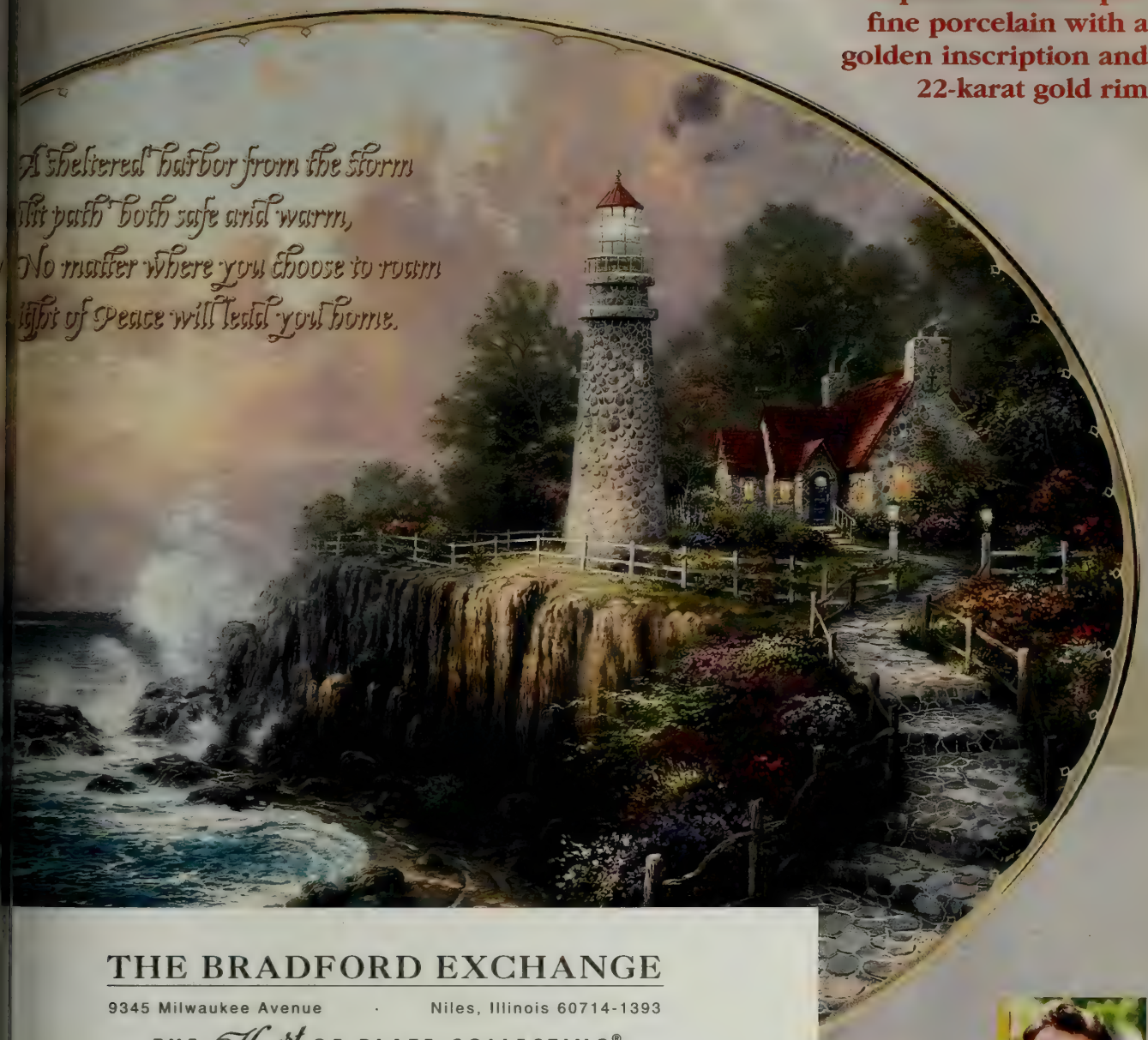
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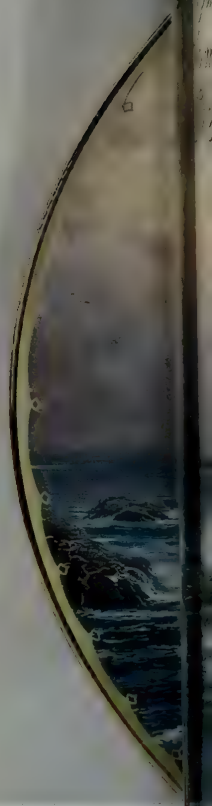
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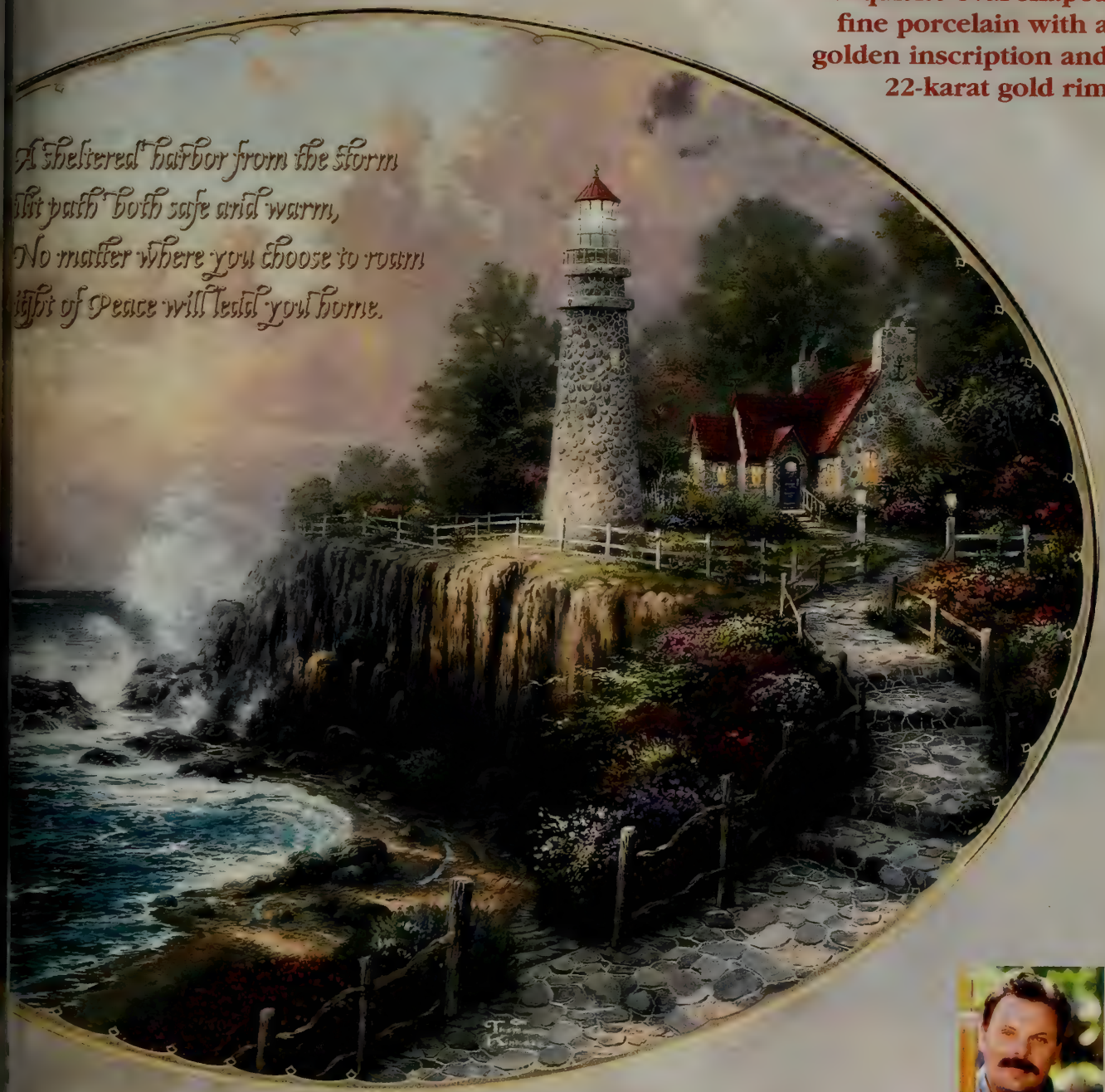
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Divides

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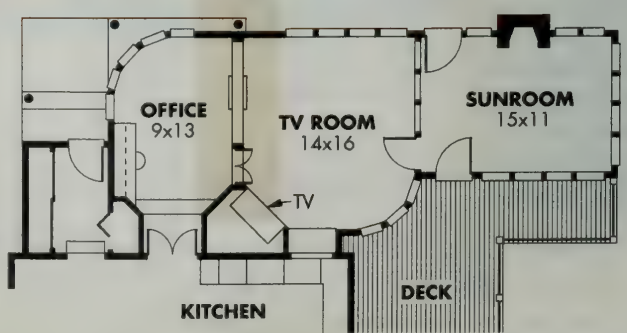


Homework and TV coexist comfortably in this family activities area (*above* and *plan*). Thanks to a see-through storage wall lined with glass on both sides, family members keep in touch without disturbing each other while carrying on separate activities. When only moderate sound buffering is needed, they can swing open the French doors. A natural cherry finish makes the storage units look like a piece of furniture.

If you want to control noise between two spaces yet keep them connected visually, see-through cabinetry or French doors may be the answer. In the example at *left*, buyable cabinets team up with a pair of narrow French doors to buffer noise between a TV den and a home office. Glass fronts on both sides of the cabinets help make the two spaces seem like one. The glass also makes it easy to display family memorabilia and collectibles. Drawers and cubicles down under store TV gear and board games.

Here, conventional stud framing fills in the partition's leftover spaces and provides anchorage for the door jamb, but if no door is needed you may want to consider constructing your divider entirely of cabinets to give it more of a furniture look. Or, if extra storage isn't needed, just use French doors and a post or two.

continued on page 60





No more
kids at home all day



No more
"Mom, I'm bored"



No more
hot, sleepless nights



No more
chaos in the kitchen



No more
giggles from the den



No more
cartoons at breakfast



No more
flowers in the garden



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leaves on the trees



No more
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No more
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Divides

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Glare-cutting louvered panels define this home office area.

When the two spaces need to be merged into one again, the panels can be folded back or stored flat.

If you're handy with tools, you probably can build either of these screens yourself. One version consists of three ready-made panels hinged together to form a single unit (*above*). The other (*left*) is made of frames cut from 2x4 studs and fitted with made-to-order blinds. Mitered trim cut from 1x6-inch stock gives the frames a finished look, and the interior faces of the frames are painted flat black to match the tapes on the blinds. For a hand-crafted look, the hinges (*inset, left*) were cut from laminated wood blocks and pinned with stove bolts. ⌂



Hinged frames turn wood blinds into a folding wall.

Buying information, page 64



You can stop calling it hardwood now that caring for it is so easy.

Murphy Just Squirt & Mop is as simple as it gets. An easy squirt. A quick mop. And wood floors glow with natural warmth as the rich, clean scent of Murphy's fills the air. What's more, Murphy's is as safe and gentle for your floor as it is easy to use. Hardwood floors made easy. Now that's a beautiful thing.

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In fact, in tests conducted by allergists, drowsiness in people who took Allegra was similar to placebo (sugar pill), 1.3% vs 0.9%. The most commonly reported adverse experiences for Allegra and placebo are cold or flu (2.5% vs 1.5%), nausea (1.6% vs 1.5%), and menstrual pain (1.5% vs 0.3%).

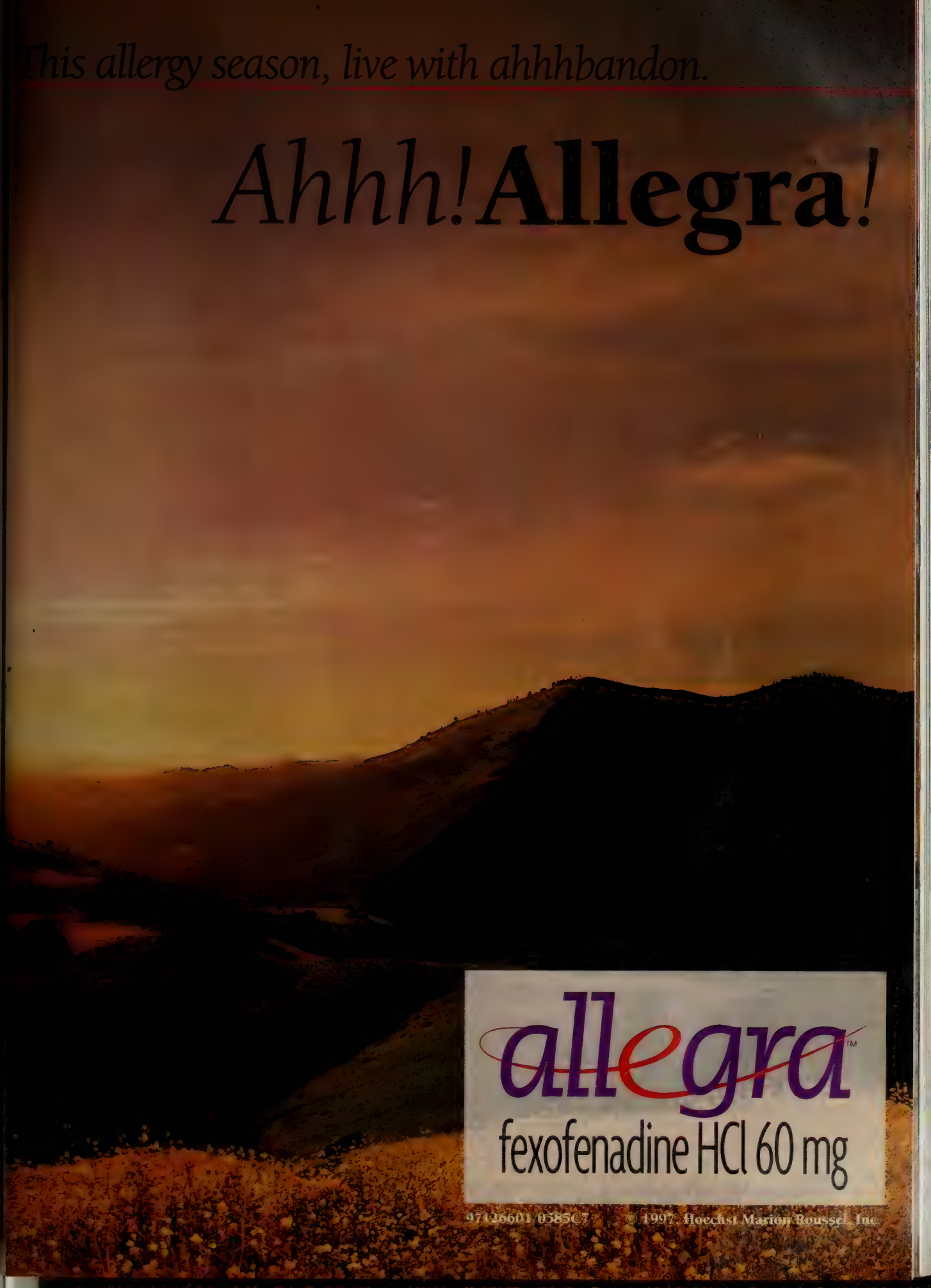
And Allegra is safe to take as prescribed—one capsule, twice a day for people 12 and over. Most important of all, its effectiveness doesn't wear off as the day wears on.

So discover what it takes to really get out there this year. Ask your doctor about Allegra. You just may find that this season you're going for it in ahhh totally cool way.

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Prescribing Information as of October 1996

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60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 12 years of age and older. Symptoms treated effectively include sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS

Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg twice daily (twice the recommended dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QTc interval were observed when subjects were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokinetics After 7 Days of Co-Administration with Fexofenadine Hydrochloride 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max\,ss}$ *(Peak plasma concentration)*	$AUC_{ss}(0\text{-}12h)$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The mechanisms of these interactions are unknown, and the potential for interaction with other azole antifungal or macrolide agents has not been studied. These changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials. Fexofenadine had no effect on the pharmacokinetics of erythromycin or ketoconazole.

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine exposure (based on plasma area-under-the-curve [AUC] values). No evidence of carcinogenicity was observed when mice and rats were given daily oral doses of 50 and 150 mg/kg of terfenadine for 18 and 24 months, respectively; these doses resulted in plasma AUC values of fexofenadine that were up to four times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).
In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and in-vivo (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at oral doses equal to or greater than 150 mg/kg of terfenadine; these doses produced plasma AUC values of fexofenadine that were equal to or greater than three times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral terfenadine doses up to 300 mg/kg; these doses produced fexofenadine plasma AUC values that were up to 4 and 37 times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant women. Fexofenadine hydrochloride should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to oral doses equal to and greater than 150 mg/kg of terfenadine; at these doses the plasma AUC values of fexofenadine were equal to or greater than 3 times the human therapeutic values (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under the age of 12 years have not been established. Across well-controlled clinical trials in patients with seasonal allergic rhinitis, a total of 205 patients between the ages of 12 to 16 years received doses ranging from 20 mg to 240 mg twice daily for up to two weeks. Adverse events were similar in this group compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, received doses of 20 mg to 240 mg of fexofenadine twice daily for up to two weeks. Adverse events were similar in this group to patients under age 60 years.

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 patients receiving fexofenadine hydrochloride at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. The incidence of adverse events, including drowsiness, was not dose related and was similar across subgroups defined by age, gender, and race. The percent of patients who withdrew prematurely because of adverse events was 2.2% with fexofenadine hydrochloride vs 3.3% with placebo. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg twice-daily), and that were more common with fexofenadine than placebo, are listed in the following table.

Adverse Experiences Reported in Placebo-Controlled Seasonal Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Adverse events occurring in greater than 1% of fexofenadine hydrochloride-treated patients (60 mg twice daily), but that were more common in the placebo-treated group, include headache and throat irritation.
The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

Prescribing Information as of October 1996

Hoechst Marion Roussel, Inc.
Kansas City, MO 64137 USA 97126601/0585C7

US Patents 4,254,129; 5,375,693. allb1096a

Hoechst Marion Roussel

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: RUGS TO THE RESCUE
Page 19: gesso, 5332; **medium viscosity acrylic** (dark yellow), 830 and (light yellow), 16, satin varnish, 6814, Liquetex—Binney & Smith; 800/272-9652.
Page 20: chenille rug, TC129 (lime), and TC116 (egg cream)—Import Specialists; 800/334-4044.
Page 22: maize rug—Pier 1 Imports; 800/447-4371. Paint, (orange) "Halloween," (yellow), "Dandelion," (green), "Grass Hopper," Latex Stain, Crayola—Benjamin Moore; 800/972-4685.
Page 24: sisal rug, coco fiber, 1300 (Zig Zag Smoke Blue)—Import Specialists; 800/334-4044.

DECORATING SHOP
Page 28: Rainbow Stars Quilt Kit—Designers Ltd., Waukewan Rd., Meredith, NH 03253.

PROBLEM WINDOWS
Page 30: natural Roman shades, 130 (Yoshi Natural)—Smith & Noble Windoware; for a free catalog call 800/248-8888.
Page 32: panel rod, 5500-25; **finial,** 5508E, **panel tiebacks,** 5460—Kirsch, 524 W. Stevenson St., Freeport, IL 61032; 800/528-1407. **Panel fabric,** (striped) "Classic Ticking" (Forest), 605222; (solid), "Natural Homespun" (Natural), 645930; (checked), "Keepsake Check" (Magnolia), 601440—Waverly; 800/423-5881.
Page 34: panel rod and finial, 72230 (Scroll)—Kirsch (address above). **Bookcases,** 2295 (Library); 2255 (TV/VCR cart)—Sauder; 800/523-3987. **Seat cushion,** "Eden," (Sage)—Calico Corners; 800/213-6366.
Page 36: shutters—Nanik, 7200 Stewart Ave., Wausau, WI 54401; 800/422-4544. **Paint** (wall), "Cabbage Patch," SW1430; (window trim), "Luminus White," SW1900—Sherwin-Williams; for a store near you call 800/474-3794.

PERSONALITY KITCHENS
Page 40: paint—Dunn-Edwards Corp., 4885 E. 52nd Pl., Los Angeles, CA 90040; 800/733-3866. **Stove**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 601/455-1200.
Page 46: wallpaper border (pink on green), 14934.06—available through designers and architects from the Brunschwig & Fils Showroom; 212/838-7878. **Foldover table with drawer**—Century Furniture; for a dealer near you call 800/852-5552.

GREAT DIVIDES
Page 52 (*top*): patio doors, "Designer Series/Smart Sash 2"—Pella Windows & Doors, 102 Main St., Pella, IA 50219; 800/547-3552. **Round metal table**—Crate & Barrel; for store locations call 800/451-8217. **White sleeper sofa, white chair**—Rowe Furniture Corp., 1650 Tysons Blvd., McLean, VA 22101-3915; 703/847-8760. **Three-drawer chest,** #40-1087196—Hold Everything; 800/421-2264. **Laminate wood flooring**—Pergo, Perstorp Flooring Inc.; 800/337-3746. **Paint on wall** (White), #1944; **trim,** #1641—The Sherwin-Williams Co.; for further information on the paints or stains used in this project, call 800/474-3794 for a store near you. **(*Bottom*): carpet,** "Cavelier" (Gold Nugget)—Shaw Ind., Inc., P.O. Drawer 2128, Dalton, GA 30722-2128; 800/441-7429. **Fireplace**—Heatilator, Inc., Div. of HON Ind., 1915 W. Saunders St., Mt. Pleasant, IA 52641; 800/843-2848. **Fireplace brick** (Red Colonial)—Glen-Gery Corp., 1166 Spring St., Wyomissing, PA 19610-6001. **Draperies**—JCPenney Home Publicity, P.O. Box 1001, Dallas, TX 75301-0001; 800/222-6161. **Upholstered plaid sofa,** #6730K; **fabric,** #2284-45; **chairs with solid slipcovers,** #6731; **fabric,** #9321-81—Rowe Furniture Corp. (address above). **Wicker wing chair**—Palacek, P.O. Box 225, Station A, Richmond, CA 94808-0225; 800/274-7730. **Cocktail table**—Expressions Custom Furniture, P.O. Box 6018, Metairie, LA 70002; 800/544-4519. **Paint on wall** (Gold), #1363; **trim** #1655—The Sherwin-Williams Co.; for further information on the paints or stains used in this project, or for a store near you call 800/474-3794.
Page 54 (*center*): table lamp—Ballard Designs, 1670 DeFoor Ave., NW, Atlanta, GA 30318-7528; 404/351-5099. **Three-drawer chest,** #40-1087196—Hold Everything; 800/421-8760. **(*Bottom*): computer desk**—Sauder Woodworking Co., 502 Middle St., Archbold, OH 43502; 800/523-3987. **Computer**—Apple Computer Inc., 1 Infinite Loop, Cupertino, CA 95014; 800/538-9696. **Desk chair**—Herman-Miller, Inc., 855 E. Main Ave., P.O. Box 302, Zeeland, MI 49464-0302. **Laminate wood flooring**—Pergo, Perstorp Flooring Inc.; 800/337-3746.
Page 58: cabinets—Wood-Mode, Inc., One Second St., Kreamer, PA 17833. **Flooring** (Natural Maple)—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647. **Coffee table, sofa**—Ethan Allen, Inc., Ethan Allen Dr., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229. **Area rug, sofa pillows**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.
Page 60 (*top*): lamp "TR6321-37"—Trend Lighting, 5649 N. Peck Rd., Arcadia, CA 91006. **Framed print,** "Parisian Series" by Martin Roberts; **chair cushion**—Pier 1 Imports (address above). **(*Center*): wood-slat Venetian blinds**—Nanick Blinds, P.O. Box 1766, Wausau, WI 54402-1766; 715/842-4643.

GARDENER'S ALMANAC
Pages 112-117: Kentia palm—Banana Tree, 715 Northampton St., Easton, PA 18042; 610/253-9589; seeds only, $2.65 per packet. **Hostas and ferns**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; free catalog. **Daffodils**—Daffodil Mart, 85 Broad St., Torrington, CT 06790; 800/255-2852; free catalog. **Chamaecyparis**—Twombly Nursery, 163 Barn Hill Rd., Monroe, CT 06468; 203/261-2133; catalog $4. **Euphorbia**—Northridge Gardens, 9821 White Oak Ave., Northridge, CA 91325; 818/349-9798; free catalog. **Asparagus**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 800/836-9630; free catalog. **Pawpaw**—Sweetbay Farm, 4260 Enon Rd., Coolidge, GA 31738; 912/225-1688; free catalog. **Worcester Gold bluebeard**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; free catalog. Fairweather Gardens, P.O. Box 330, Greenwich, NJ 08323; 609/451-6261; catalog $3. Roslyn Nursery, 211 Burrs Lane, Dix Hills, NY 11746; 516/643-9347; catalog $3. **Gold Leaf forsythia**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Roslyn (address above). Appalachian Gardens, P.O. Box 82, Waynesboro, PA 17268; 717/762-4312; free catalog.

BRANCHES FULL OF BLOSSOMS
Pages 127-134: flowering trees—Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4.

THE LOOK OF LUXURY FOR LESS
Pages 137-144: all items not listed—antique, discontinued, or a personal belonging.
Page 144: Matelasse coverlet, wall paint, "Safari," (SA15C)—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036; 800/379-7656.

continued on page 93

NEVER CLEAN YOUR SHOWER AGAIN™

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#1 in the U.S.

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No Chlorine or Bleach

"It takes just ten seconds a day - no rinsing, no wiping, no scrubbing and no toxic fumes - and soap scum, hard water deposits and mildew stains disappear. I guarantee it."

– Bob Black,
Inventor of Clean Shower®



Clean Shower® is more effective and easier to use than conventional cleaners. It works in a completely new way. The last one out of the shower each day simply mists Clean Shower on all wet surfaces - tile, fiberglass, curtains and glass doors - and walks away. Each application gently breaks down mineral deposits so they can safely be washed away with your next shower. **It takes just ten seconds a day - no rinsing, no wiping, no scrubbing and no toxic fumes - and soap scum, hard water deposits and mildew stains disappear.**

If your shower is already spotless, Clean Shower will keep it that way. If your shower is not clean, no precleaning is needed. It takes about 2 weeks of daily use for your shower to become completely clean, and then with a daily application after showering it will stay clean. If, after 2 weeks, some pre-existing deposits still remain, wipe away with a soft cloth while showering. Only a light misting is required which means a standard bottle lasts about four weeks. Compared to other products to which you have to add time, energy and rubber gloves, millions of consumers agree that Clean Shower is a far more attractive option. You'll Never Scrub Your Shower Again®.

"I love Clean Shower. It is the only product I've used that lives up to all its promises. No longer do I have to scrub my shower . . . Of course, I've told people about Clean Shower and the reports have been joyously overwhelming" – Marcella A. Byrd, San Clemente, CA

"Let me offer you my long overdue congratulations on developing, besides maybe round wheels, the best product ever in the entire galaxy" – Karen B. Rinehart, Jacksonville, FL

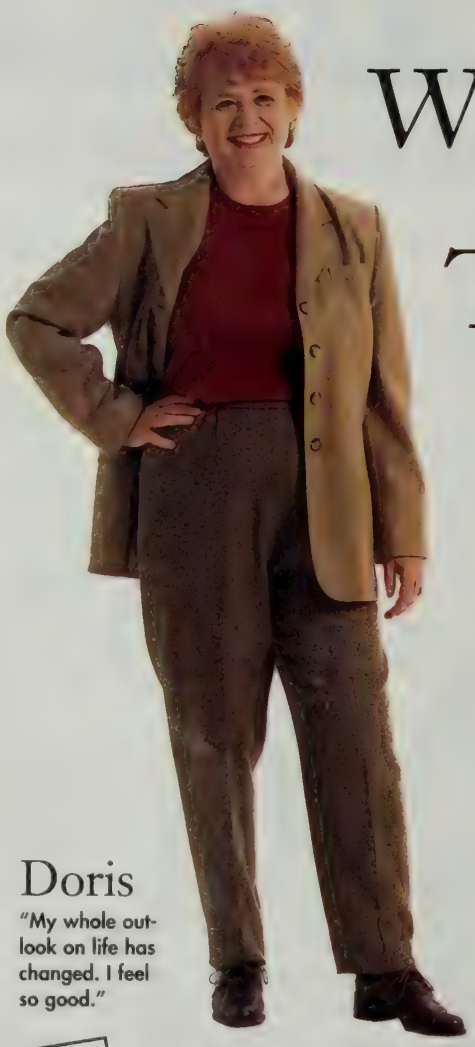
"17 years ago . . . I moved into this 40 year-old apartment . . . I decided to pretend the tiles were meant to be a tan color . . . I have used every product known to mankind . . . I heard about Clean Shower . . . purchased a bottle . . . 3 weeks later . . . my tile was startlingly white . . . having told everyone I know about this miracle . . . I want to tell you. A sincere thank you." – Aileen Ledford, Chicago, IL

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Two Women and a Trainer



Doris

"My whole outlook on life has changed. I feel so good."



by Martha Miller

You're watching television when a toned celebrity pops up bragging about a personal trainer. But you think, "Yeah, I'd look like that, too, if I could afford a trainer."

Guess what? You probably can.

Personal trainers are less expensive today and more flexible than ever. They charge between $25 and $50 an hour, but many will work around what a client can afford. Most trainers will meet weekly or monthly, or even check in by telephone.

More importantly, a certified personal trainer can provide you with an individualized plan that will help keep you motivated and free of injuries.



For six months, *Better Homes and Gardens*® magazine hired Lisa Goodman, a certified personal trainer in Des Moines, Iowa, to help two readers.

Doris Lohrman, 50, recently lost 60 pounds on a medically supervised diet. She wanted to further improve her health by working out at a gym, but didn't know where to begin.

The gym wasn't an option for Kathleen Bock, a 36-year-old mother of three. She needed an exercise program she could do at home. Kathleen also had lost weight (about 30 pounds), but couldn't lose the last few pounds from her third pregnancy.

Let's see how they did.

continued on page 70

Kathleen

"I love feeling strong. I have muscles I haven't felt in years."



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He's her "tubby little cubby all stuffed with fluff," her favorite bear of all. And she loves her Pooh so very much, she wants to cuddle him wherever she goes.

"You Need a Hug, Pooh" captures the special feelings this sweet child has for Pooh, who is such a source of comfort and fun for children everywhere, and of all ages.



Hand-painted porcelain, and genuine collector quality

This loving little girl is designed by noted doll artist Cindy McClure and carefully crafted in hand-painted porcelain. She wears a hooded sleeper of softest fleece, designed to look like Pooh's distinctive yellow coat, and his little red shirt with his name embroidered on the front. Holding Pooh on her lap, she hugs him very tenderly.

A genuine treasure, comfortably priced

"You Need a Hug, Pooh," can be yours for only $74.99, payable in four convenient monthly installments of just $19.99, shipping included. She is hand-numbered and comes with a matching numbered Certificate of Authenticity.

This loving child and her most lovable, huggable Pooh bear belong in your home. Please respond today.



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"You Need a Hug, Pooh" Porcelain Doll

PLEASE RESPOND PROMPTLY

YES, please reserve "You Need a Hug, Pooh." Limit one. I under- stand I will be billed for the first payment before doll shipment.

- SEND NO MONEY NOW
- 4 EASY PAYMENTS OF $19.99* *(shipping included)*
- 365-DAY, MONEY-BACK GUARANTEE

X

Signature _____ Date _____

Name (please print clearly) _____ Telephone ( )

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City _____ State _____ Zip _____

*Total price of $79.96 includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery. Canadian price: $105.99 plus shipping, handling, and applicable taxes.

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This loving child and her most lovable, huggable Pooh bear belong in your home. Please respond today.

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This doll is approximately 14 inches tall (10 inches, seated) and fully poseable. Complete with "Pooh" plush bear as shown. Numbered Certificate of Authenticity included.

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Signature _____ Date _____

Name (please print clearly) _____ Telephone ( )

Address _____

City _____ State _____ Zip _____

*Total price of $79.96 includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery. Canadian price: $105.99 plus shipping, handling, and applicable taxes.

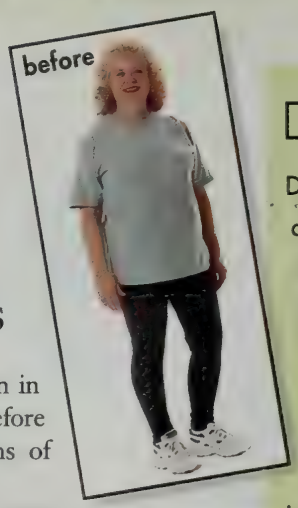
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Two Women

continued from page 66



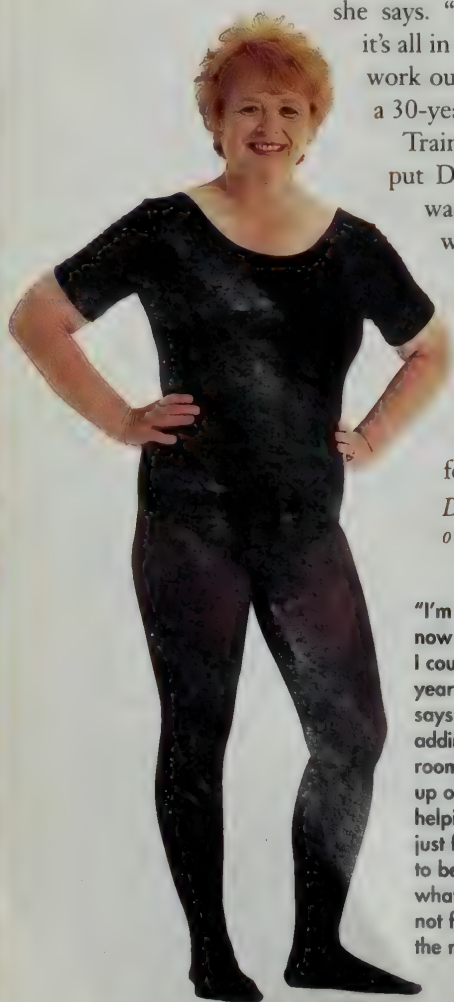
READER PROFILE: Doris

The word exercise wasn't even in Doris Lohrman's vocabulary before she signed up for six months of personal training.

But the mother of three grown children just turned 50 and was determined to mark the milestone with a commitment to a healthier life. Her goals were ones many of us share: lose and keep weight off, lower her cholesterol, and walk farther than one block without huffing and puffing. She did that and more.

Her total cholesterol dropped from 281 to 207 (260 is considered high risk for her age) and her body fat—the percentage of body weight due to fat—plummeted from 40 to 28 percent (22 to 28 percent is normal for her age). She lost 19 pounds.

"I can't believe how much more strength I have," she says. "Sometimes I think it's all in my head, but now I work out in the garden like a 30-year-old."



Trainer Lisa Goodman put Doris on a treadmill walking program, and within a month added weight training (*see right*). She also asked Doris to drink eight glasses of water a day and to keep a food diary. They met

Doris continued on page 74

"I'm doing things now that I know I couldn't do a year ago," Doris says. "We're adding on a family room and I was up on the roof helping shingle. It just feels so good to be able to do what I want and not feel like dying the next day."

THE WORKOUT

Doris walked on a treadmill and rode a stationary bike three times a week. She walked for 35 minutes and rode for five minutes.

Trainer Lisa Goodman slowly increased the treadmill speed and incline over six months. At the end, Doris was walking for 50 minutes at 4 mph at varying inclines. (She also did 10 minutes of abdominal exercises every day.)

Every three weeks, Goodman altered the intensity of Doris' walking (called interval training) so she would burn more calories. "Your body gets used to the same routine," she says. "It's good to cross-train every few weeks for best results."

After the first month, Doris began upper- and lower-body work on weight training machines, starting with one set of 10 and working up to three sets of 15.

BODY BREAKDOWN

	BEFORE	AFTER
Body fat	40%	28%
Cholesterol	281	207
Upper arm	11¾"	11¼"
Forearm	10⅛"	10"
Bust	45"	42"
Waist	38"	34"
Hips	41½"	40"
Thigh	21"	21"
Calf	12½"	14"
Weight	183	164

CHOOSING A TRAINER

The most important thing to look for in a personal trainer is certification from a reputable organization, such as the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), or the National Strength and Conditioning Association. This ensures that the trainer has studied exercise science and passed a written or practical exam.

Here are other things to find out before hiring a trainer, according to Sheryl Marks Brown, ACE executive director:

- Do you get along with the trainer?
- Is the trainer insured?
- What are the rates and can you afford them?
- Can the trainer accommodate your schedule? Is he or she flexible?
- Does the trainer have experience working with people your age?
- Will the trainer give you a client list so you can call people for references?

Ann Partlow, director of certification for ACSM, has another tip: "Find a trainer who isn't obsessed about their own appearance—especially during your workouts. The total focus should be on you."



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Motrin spoken here.

From the most prescribed name in the history of pain relief comes Motrin IB. Nothing's proven more powerful on headache and muscle pain. Yet it's gentler on your stomach than aspirin.

Motrin IB

Prescription Proven Power

Two Women

continued from page 70



READER PROFILE: Kathleen

The dreaded "last 10 pounds" is why Kathleen Bock wanted a personal trainer. "I had the classic problem hips, thighs, and stomach area from having kids," she says. "Nothing I did seemed to work."

She had been walking regularly for about a year, but was stalled in her weight loss. She also has a strong family history of heart disease, diabetes, and cancer, and wanted to do all she could to ward off any future health problems.

Trainer Lisa Goodman designed a workout that fit around Kathleen's busy life as a stay-at-home mom of three boys, ages 6, 4, and 2. She walked for one hour a day and then did weight training in her basement using four basic pieces of equipment (see *page 74*).

After two initial meetings, Kathleen agreed to meet with Goodman for an hour once every three weeks. Kathleen's schedule was too hectic to make regular appointments, and she didn't so much need a push as she needed direction. "I wanted someone to show me what to do," Kathleen says. "I had never really worked out with weights and was afraid of injuring myself if I didn't do it right."

The results were more than noticeable. Kathleen's body fat decreased from 27 percent to 22 percent (21 to 27 percent is the normal range for her age), and she lost 14 pounds. Although already well within the healthy range, her total cholesterol level dipped from 154 to 145.

"I remember seeing my legs in a mirror one day out shopping and I couldn't believe they were mine," she says. "They were so toned and muscular that I didn't recognize them."

To help her stay motivated, Kathleen enlisted her

Kathleen continued on page 74

THE WORKOUT

Kathleen's exercise program centered around what she liked to do—be outside.

And since Kathleen already was walking regularly but not getting the results she wanted, the trainer started her with interval training. For 40 minutes, five days a week, Kathleen walked at a very brisk pace for three minutes and then a slower pace for two minutes. A warm up and cool down were included. Eventually, she worked up to running because she strengthened her cardiovascular endurance.

To avoid injuries, Kathleen alternated her weight training. Upper body work was on Monday, Wednesday, and Friday, and lower body work on Tuesday and Thursday.

Goodman had Kathleen do three sets of 15 repetitions of each exercise, using a 12- and 15-pound body bar. She also used free weights.

She also did 10 minutes of abdominal exercises a day.

BODY BREAKDOWN

	BEFORE	AFTER
Body fat	27%	22%
Cholesterol	154	145
Upper arm	12"	11"
Forearm	9"	9"
Bust	37¾"	35"
Waist	30½"	28½"
Hips	37¼"	35"
Thigh	22½"	23"
Calf	14½"	14¼"
Weight	154	140



"After six months of working out with a trainer I had dinner with a friend who hadn't seen me since I started. He said I looked 10 years younger. No one has ever said that to me, and at age 36 it was really fun to hear."


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Doris *continued from page 70*

once a week to review her progress.

Even after losing weight, Doris was still eating food high in fat and low in nutrition. "I was eating less, but not the right things," she says. "I was eating fried food and hardly eating any fruits and vegetables." The diary forced Doris to examine her eating habits and make smarter choices. She started to swap fries for fruit.

Finding time to exercise was also a challenge. Doris works full time and is an emergency medical technician for a volunteer fire department. Going to the gym at 5:30 a.m. when her husband, Bob, left for his job as a police officer didn't cut into family time in the evenings.



Although she did the work, Doris says she couldn't have done it without a trainer. After two months of hard work, she didn't see much physical change and became discouraged. During their regular meetings, Goodman would remind Doris to stay focused on the big picture. "I really learned how far I could push myself," Doris says.

The experience has made her want more out of life. "I never thought 50 could be so exciting and fun."

Kathleen *continued from page 72*



sister, Molly, as a workout partner. The two live nearby and walked at 6 a.m. every morning, then lifted weights while watching the morning news.

A low point came after three months, when Kathleen hadn't lost a single pound. "I was crushed," she says.

After meeting with Goodman, Kathleen discovered she wasn't getting her heart rate up high enough while walking, and she wasn't walking long enough to get the results she wanted.

But Kathleen couldn't commit to walking longer than an hour in the morning. So Goodman added 30 minutes of stationary bicycling to Kathleen's workout two or three days a week. Since she didn't have a stationary bike, Kathleen bought a bicycle trainer from a bike store for $100 and converted her mountain bike into a stationary one. She pedaled it on the side porch while her youngest son took his nap.

She also started using a heart-rate monitor while walking. The computerized monitor, worn around your chest, told her when her heart rate was within the target zone for weight loss. The weight began to come off.

Kathleen felt so good she ran in a 5K road race. Even after parting company with Goodman, Kathleen still does the exercise program. "It feels too good to stop."



HOME WORKOUT GEAR

Weight training played a big role in both women's workouts. Kathleen used these four pieces in her program, and you can find them at most sporting goods stores. Best of all, they don't take up a lot of space. Everything you see here can be stashed in a closet.

1. Resistance tube. Used to tone arms and upper body. Sold with example exercises. Cost: $14.

2. Handheld weights. Start with 3- or 5-pound weights. Cost: $5 to $10.

3. Body bar. This weighted bar is great for beginners because it helps with form. The bars come in four sizes (12, 15, 18, and 22 pounds) and can be used for upper- and lower-body work. Cost: $40.

4. Step aerobic bench. Great for toning legs, and it doubles as a weight bench. Cost: $80.

Scrubbing down wreaks havoc on my hands. Good thing in the hospital we use Keri."

Pediatric Nurse Sara Herbert

"My skin can get so rough and dry, I need a lotion that really works. That's why I use Keri.® Keri deeply moisturizes and nurtures my skin, making it softer, smoother all over. Even my littlest patients appreciate that."





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When Stress Makes You Sick

by Patricia Hittner

Women who try to do it all can harm their health

You're a working mom and you're tired beyond belief. You rush to get to work on time, race to pick up the kids at day care, and juggle an endless list of household chores before falling into bed at midnight. You may have come to the conclusion that you can't do it all, but you still try.

Frantic and frazzled lives are causing much more than stress. They could be making you sick. Doctors now know that chronic stress weakens the immune system, leaving you potentially more vulnerable to infections and other diseases.

Jody Seidler's relentless schedule has started taking a toll on her body. A 43-year-old single mother, she has a demanding job at a Southern California movie studio. At home, she finds it impossible to relax because "things will fall apart."

Lately, Jody has suffered from stomachaches and recurring headaches. She also has trouble sleeping. "Stress has, unfortunately, become a way of life," she says. "I want to live long, but I fear all the stress is going to create an illness later on."

Dr. Redford Williams, a behavioral medicine expert at Duke University Medical Center, is convinced the pace of living has spun out of control. Many people work long hours, then face a long and sometimes grueling commute home. "People have more demands on them today and less control over how they meet those demands."

Single moms who work confront many challenges. But so do two-income couples with children, says Dr. Williams. All the details of running a home and raising a family are

continued on page 78

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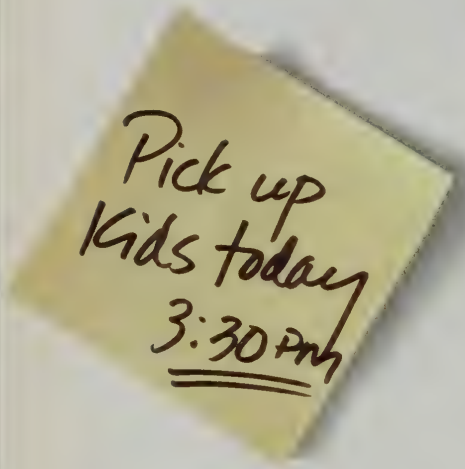
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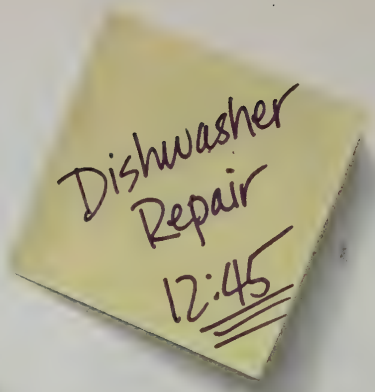
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When Stress Makes You Sick

continued from page 76





piled on top of dual careers, creating, in effect, a third occupation.

We still need to make dinner, clean up afterward, check homework, and then somehow carve out a little quality time. And, guess who does most of this? "It falls mainly on the women," says Dr. Williams.

Stress discriminates. Working mothers have a physical response to this daily grind, he says. Their level of cortisol—a hormone secreted in response to stress—is higher than in working women with no children at home. Excess cortisol is unhealthy because it suppresses the immune system. It also causes cholesterol and blood pressure to rise, and stays elevated even during sleep.

Having just one child is enough to increase the cortisol level. It makes little difference if a mother is married or single, or has a wide circle of family and friends. Normally, a support system helps soften some of life's blows. But, close human ties don't help working moms as far as the stress response is concerned.

Men, on the other hand, fare much better. In fact, two additional biochemical stress markers, known as epinephrine and norepinephrine, plummet in their bodies once they walk in the house after a hard day at the office, Dr. Williams says.

> "It's very clear that women do not unwind. They are the manager. And everyone knows mom is going to do it in the end."

"When women return home at the end of the day they do not do the same kind of unwinding that we see in men," adds Margaret Chesney, a stress researcher at the University of California San Francisco School of Medicine. "It's very clear that women do not unwind. They are the manager. And everyone knows mom is going to do it in the end."

Chesney also blames technology for this time bind. Pagers, cell phones, laptop computers, and fax machines now make it difficult to leave work at the office.

But Dr. Esther M. Sternberg, who studies stress at the National Institute of Mental Health, doesn't think we're necessarily any worse off than previous generations. Our ancestors had plenty to worry about, she contends. They faced wars, plagues, and famines. Most mothers didn't hold 9-to-5 jobs, but they ran a terrible risk of dying in childbirth or losing a spouse in battle. "It's all a matter of perception," she says. "Stress is not only what happens to you, it's how you respond to it."

Fight or flight. Here's what happens when your body is under stress: Your brain fires off a hormone known as CRH, which makes you more focused and ready to spring into action. CRH eventually causes your adrenal glands to secrete more cortisol, which suppresses your immune cells.

This chain of events is also known as the "fight or flight" response, which served animals well during the evolutionary process. Pumped up with CRH, human beings lose their appetites and sex drives. "From a survival point of view, this is very effective," says Dr. Sternberg. "You don't want to stop and eat, and stop and reproduce, when you're being chased by a tiger."

Everyone's stress response is highly individual. Some of us produce an abundance of stress hormones, while others make just a little. But even the most laid-back person can develop an exaggerated reaction to stress when the going gets too rough.

Dr. Ronald Glaser, a virologist at Ohio State University, and Janice Kiecolt-Glaser, a psychologist there, have shown that women who care for spouses with Alzheimer's disease generally have a weakened immune system. When inoculated with a flu

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- Feel depressed or run-down at the end of the day.
- Begin to have regular headaches, fatigue, sleep problems, muscle aches, or digestive troubles.

continued on page 80

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As with all prescription medications, side effects may occur. Always talk to your healthcare provider about any medication you may take. When ZYRTEC tablets were studied, most side effects were mild to moderate. Dose- or treatment-related events included drowsiness (13.7% vs 6.3% for placebo), fatigue (5.9% vs 2.6%), and dry mouth (5.0% vs 2.3%). Only one out of one hundred patients stopped taking ZYRTEC due to drowsiness.

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CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness: In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6-11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6-11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence), ZYRTEC (N=2034) vs Placebo (N=1612) respectively:** Somnolence (13.7% vs 6.3%); Fatigue (5.9% vs 2.6%); Dry Mouth (5.0% vs 2.3%); Pharyngitis (2.0% vs 1.9%); Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. **Table 2. Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309):** Headache (11.0%, 5 mg; 14.0%, 10 mg; 12.3%, placebo); Pharyngitis (6.2%, 5 mg; 2.8%, 10 mg; 2.9%, placebo); Abdominal pain (4.4%, 5 mg; 5.6%, 10 mg; 1.9%, placebo); Coughing (4.4%, 5 mg; 2.8%, 10 mg; 3.9%, placebo). Somnolence (1.9%, 5 mg; 4.2%, 10 mg; 1.3%, placebo); Diarrhea (3.1%, 5 mg; 1.9%, 10 mg, 1.3%, placebo); Epistaxis (3.7%, 5 mg; 1.9%, 10 mg; 2.9%, placebo); Bronchospasm (3.1%, 5 mg; 1.9%, 10 mg; 1.9%, placebo). Nausea (1.9%, 5 mg; 2.8%, 10 mg; 1.9%, placebo); Vomiting (2.5%, 5 mg; 2.3%, 10 mg; 1.0%, placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration, a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paronina, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, xerophthalmia, glaucoma, ocular hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, asthenia, generalized edema, periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp, pain, pallor, chest pain, accidental injury. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. A single case of possible drug-induced hepatitis with significant transaminase elevation (500 to 1000 IU/L) and elevated bilirubin has been reported. In foreign marketing experience the following additional rare, but potential severe adverse events have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, severe hypotension, anaphylaxis, hepatitis, glomerulonephritis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially; this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses in mice and rats were 237 and 562 mg/kg, respectively (approximately 55 and 265 times the maximum recommended human daily oral dose on a mg/m^2 basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple-dose toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older:** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending on symptom severity. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance 11-31 mL/min), patients on hemodialysis (creatinine clearance less than 7 mL/min), and in hepatically impaired patients, a dose of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children aged 6 to 11 years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. 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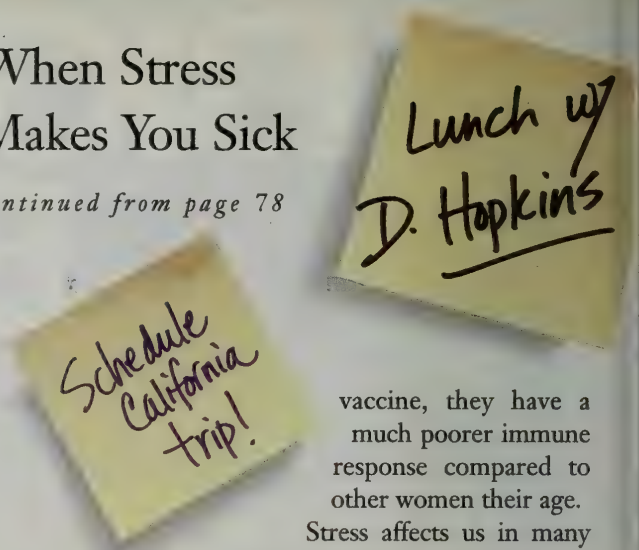
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When Stress Makes You Sick

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vaccine, they have a much poorer immune response compared to other women their age.

Stress affects us in many ways, some of which science is just beginning to understand, says Dr. Glaser. Susceptibility to colds or infections may be related to the pressure in one's life. He also suspects that stress may play a role in some cancers and autoimmune disease.

Dr. Williams paints an even stronger connection between stress and poor health. "What stress does, in all different forms, is lower resistance to all pathogens," he says, leaving people more vulnerable to infections and even cancer. Studies have also shown that people with high cholesterol who lead high pressure lives are more likely to develop arteriosclerosis, a dangerous thickening of the arterial wall.

It took Mary Winner, 33, more than a year to realize that the splotchy red patches on her hands and arms were caused by stress. During this time, she was treated by a dermatologist. He diagnosed "dishpan hands" and prescribed various ointments, none of which helped. Finally, a general practitioner made the startling connection between Mary's nonstop schedule and her stubborn rash.

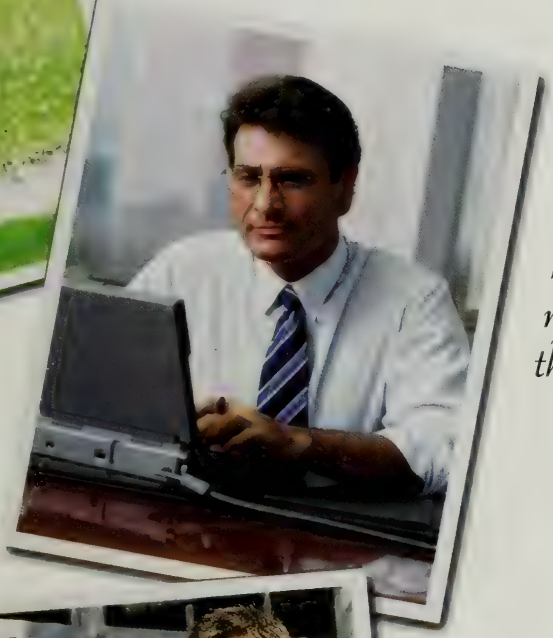
An attorney and mother of two young boys, she was putting in long hours at a small company in Omaha. Her husband also worked, and his job took him out of town two weeks each month. Mary realized she was doing too much and cut her workload in half. Within a week, her rash all but disappeared.

Of course, not all of us are willing or able to make such a big lifestyle change. But there are ways to put a lid on stress. Here's what the experts suggest:

- Divide chores equally. It's essential that dual-income couples share household tasks, according to Dr. Williams, who says this doesn't mean the woman simply decides what needs to be done and hopes her partner pitches in. Each must anticipate chores and complete them within an agreed upon time frame. He and his wife Virginia have written a new book called *Lifeskills*, which outlines ways working moms and others can negotiate to reduce demands in their lives.
- Don't be too hard on yourself. Don't feel guilty if you can't relax, says Dr. Sternberg. Some people are simply



Jeff Wood, father of three and weekend pro, made the change last year.



George Evans, successful stockbroker, made the analysis, then made the change.



Richard and Tina Runyan made the change, before they made the big move.



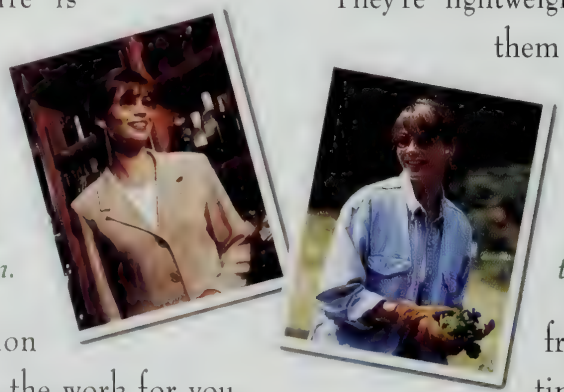
Mrs. Debbie Minnis, juggler of house, kids and career made the change, to make life easier.

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whom she sees once a week. She also started a support group for single parents. Hearing about other people's struggles makes her own troubles seem less intense and she felt better. "Once I started sharing with other people, I realized everyone was stressed."

• Meditate. There's good evidence that meditation and relaxation exercises are physically and psychologically soothing, according to Dr. Kiecolt-Glaser.

• Simplify your life. Dr. Chesney thinks many of us are caught in a time crunch. The solution—set priorities. Decide what needs to be done, and then delegate or delete the rest. "Quality time with your kids is really important," she says. "Whether the cookies for your child's class are really homemade is not such a big deal."

• Lobby for family-friendly policies. Work and family life often collide, but try and look for ways to reduce the pressure. For instance, you may be able to work through lunch in exchange for leaving earlier in the day, or compress a 40-hour schedule into four days.

Helen and Tom Heydeman of Salinas, California, have found a way to make things work. Helen takes lunch at 2 p.m. so she can pick up their seven-year-old son, Matthew, from school and drive him to an after-school program. Tom picks Matthew up on his way home. Tom, who works 6 a.m. to 2 p.m., is home by 3:30 p.m. to spend the afternoon with Matthew. ⌂

more anxious than others. You may be one of them. However, psychotherapy and other types of behavior modification may help lower your stress setting a bit.

Also, don't expect to be completely stress free. We've all heard the saying, "A little stress may be good for you." As it turns out, this may be true. Stress hormones, in small doses, stimulate the brain and come in handy when we need to think on our feet, such as when we must make an important speech.

• Exercise. Regular exercise helps take the edge off, says Dr. Sternberg. Sporadic exercise isn't beneficial, and may be risky for people with health problems.

• Talk it over. A therapist can help you break down problems, so you can attack them separately and gain a sense of control. "You perceive something as stressful when you can't control it," says Dr. Sternberg. "If you feel you can control it, and have some way of regulating it, then it seems less stressful." Also, some people may benefit from antidepressant drugs, which correct certain biochemical imbalances and reset the way your brain responds to stress.

• Lean on others. A sympathetic ear can lighten the load. "Seek support from family and friends during difficult times," urges psychologist Janice Kiecolt-Glaser. You may have to make your needs known, she says.

Jody Seidler shares her problems with a close friend,





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If you're ready to quit smoking

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ZYBAN beat the #1 prescription patch[1]

ZYBAN has been proven more effective than nicotine patch

In a medical study using patient support materials and drug therapy, ZYBAN helped more smokers quit for 7 weeks than Habitrol® (nicotine transdermal system),* the nicotine patch. And unlike the patch and gum, ZYBAN replaces cigarettes with nicotine-free medicine.

You can break free from smoking

If you've tried to quit before and are still smoking, ask your health care professional about nicotine-free ZYBAN. It's a pill. Prescription medicine that can help reduce your urge to smoke and make quitting bearable.

What you need to know about ZYBAN

The most common side effects with ZYBAN include dry mouth and difficulty sleeping. Although uncommon, there is a risk of seizure associated with ZYBAN. (See "Important Warning" section in Information for the Patient on following page.) So it is important to talk to your health care professional to see whether ZYBAN is right for you. You should not take ZYBAN if you have a seizure disorder; are already taking WELLBUTRIN®, WELLBUTRIN SR®, or any other medicines that contain bupropion HCl; have or have had an eating disorder; or are currently taking or have recently taken a monoamine oxidase (MAO) inhibitor. It is important to let your health care professional know about any other prescription or over-the-counter medications you are taking. ZYBAN is not recommended for women who are pregnant or breast-feeding.

SEE YOUR HEALTH CARE PROFESSIONAL ABOUT ZYBAN

ZYBAN and the ZYBAN Advantage Plan™, a free counseling and personalized support program, are part of an overall plan recommended by your health care professional to help you quit smoking.

For more information, call **1-888-959-STOP (7867) ext. 12** or visit our Web site at www.zyban.com

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BREAK FREE FROM SMOKING

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Reference: 1. Scott-Levin Source Prescription Audit (SPA) 9/97.

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Please consult Information for the Patient on the following page.

Information for the Patient

ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets

Please read this information before you start taking ZYBAN. Also read this leaflet each time you renew your prescription, in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss ZYBAN as part of your plan to stop smoking. Your doctor has prescribed ZYBAN for your use only. Do not let anyone else use your ZYBAN.

IMPORTANT WARNING:

There is a chance that approximately 1 out of every 1,000 people taking bupropion hydrochloride, the active ingredient in ZYBAN, will have a seizure. The chance of this happening increases if you:

- have a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of ZYBAN; or
- take other medicines with the same active ingredient that is in ZYBAN, such as WELLBUTRIN® (bupropion hydrochloride) Tablets and WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets. (Both of these medicines are used to treat depression.)

You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take ZYBAN. You should also discuss with your doctor whether ZYBAN is right for you.

1. What is ZYBAN?

ZYBAN is a prescription medicine to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least 1 month while taking ZYBAN and participating in a patient support program. For many patients, ZYBAN reduces withdrawal symptoms and the urge to smoke. ZYBAN should be used with a patient support program. It is important to participate in the behavioral program, counseling, or other support program your health care professional recommends.

2. Who should not take ZYBAN?

You should not take ZYBAN if you:

- have a seizure disorder (for example, epilepsy).
- are already taking WELLBUTRIN, WELLBUTRIN SR, or any other medicines that contain bupropion hydrochloride.
- have or have had an eating disorder (for example, bulimia or anorexia nervosa).
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI).
- are allergic to bupropion.

3. Are there special concerns for women?

ZYBAN is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking ZYBAN.

4. How should I take ZYBAN?

- You should take ZYBAN as directed by your doctor. The usual recommended dosing is to take one 150-mg tablet in the morning for the first 3 days. On the fourth day, begin taking one 150-mg tablet in the morning and one 150-mg tablet in the early evening. Doses should be taken at least 8 hours apart.
- **Never take an "extra" dose of ZYBAN.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow ZYBAN Tablets whole. Do not chew, divide, or crush tablets.

5. How long should I take ZYBAN?

Most people should take ZYBAN for 7 to 12 weeks. Follow your doctor's instructions.

6. When should I stop smoking?

It takes about 1 week for ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets to reach the right levels in your body to be effective. So, to maximize your chance of quitting, you should not stop smoking until you have been taking ZYBAN for 1 week. You should set a date to stop smoking during the second week you're taking ZYBAN.

7. Can I smoke while taking ZYBAN?

It is not physically dangerous to smoke and use ZYBAN at the same time. However, continuing to smoke after the date you set to stop smoking will seriously reduce your chance of breaking your smoking habit.

8. Can ZYBAN be used at the same time as nicotine patches?

Yes, ZYBAN and nicotine patches can be used at the same time but should only be used together under the supervision of your doctor. Using ZYBAN and nicotine patches together may raise your blood pressure. Your doctor will probably want to check your blood pressure regularly to make sure that it stays within acceptable levels.

DO NOT SMOKE AT ANY TIME if you are using a nicotine patch or any other nicotine product along with ZYBAN. It is possible to get too much nicotine and have serious side effects.

9. What are possible side effects of ZYBAN?

Like all medicines, ZYBAN may cause side effects.

- The most common side effects include dry mouth and difficulty sleeping. These side effects are generally mild and often disappear after a few weeks. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking ZYBAN during clinical studies were shakiness and skin rash.
- Contact your doctor or health care professional if you have a rash or other troublesome side effects.
- Use caution before driving a car or operating complex, hazardous machinery until you know if ZYBAN affects your ability to perform these tasks.

10. Can I drink alcohol while I am taking ZYBAN?

It is best to not drink alcohol at all or to drink very little while taking ZYBAN. If you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking ZYBAN.

11. Will ZYBAN affect other medicines I am taking?

ZYBAN may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore, you should make sure that your doctor knows about all medicines—prescription or over-the-counter—you are taking or plan to take.

12. Do ZYBAN Tablets have a characteristic odor?

ZYBAN Tablets may have a characteristic odor. If present, this odor is not unusual.

13. How should I store ZYBAN?

- Store ZYBAN at room temperature, out of direct sunlight.
- Keep ZYBAN in a tightly closed container.
- Keep ZYBAN out of the reach of children.

This summary provides important information about ZYBAN. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either ZYBAN or smoking cessation, talk to your doctor or other health care professional.

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Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U.S. Patent Nos. 5,427,798 and 5,358,970

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Shield of Greens



by Mona R. Sutnick and David Feder, Registered Dietitians

Folate isn't just for protecting babies anymore. New research on folate—also known as folic acid and folacin—shows that it may help the heart and shield against many different cancers, too. Past research has already proven that pregnant women who consume generous amounts of folate decrease their risk of having babies born with spinal defects by about one-half.

The best thing about folate is that it's found in a wide variety of foods, especially strawberries, citrus fruits, lentils, soybeans, peas, and leafy greens. "Eat your vegetables!"—the classic line you tell your kids—is now better advice than ever.

GREAT FOLATE FOODS

Fruits and vegetables:	
spinach (steamed), ½ cup	130 micrograms
broccoli (steamed), 1 cup	100 micrograms
strawberries, 1 cup	80 micrograms
orange, 1 medium	40 micrograms
orange juice, ½ cup	40 micrograms
cantaloupe (sliced), 1 cup	30 micrograms
Protein foods:	
lentils (boiled), 1 cup	350 micrograms
beef liver, 4 ounces	250 micrograms

Take Heart

Nutrition experts have known for a long time that folate enables the body to make new cells, including red blood cells. Getting enough of this B vitamin also appears to help cut your risk of heart attack and stroke—powerful reasons to eat a folate-rich diet. The folate and heart disease story centers around a body chemical called homocysteine.

Homocysteine is an amino acid the body uses in a protein-building system that relies on folate to work properly. Without folate, homocysteine levels increase in the blood, causing plaque to build up along blood vessel walls. People born with a disorder causing abnormally high levels of homocysteine develop hardening of the arteries—leading to heart attacks—at a very young age. This was the first clue that homocysteine and folate play a possible role in heart disease.

Researchers looked at other groups and found a strong relationship between folate, homocysteine, heart disease, and stroke. A major diet and health survey in Canada found that persons with a low level of folate were more likely to develop heart disease than those with more folate in their systems. In the United States, the National Heart and Nutrition Examination Survey showed that strokes were more likely in people with low blood levels of folate.

continued on page 88



How to whip a meatloaf into better shape.



Meatloaf may never be the same thanks to the hearty, nutritious crunch of Kretschmer® Wheat Germ. Try this fantastic recipe—or be creative with Kretschmer.® Use it to make a crunchy coating for chicken or fish. Sprinkle it on veggies and salads. And put the healthy crunch of Kretschmer® Wheat Germ in everything you eat.

Fast 'n' Tasty Mini Meat Loaves

1 lb. lean ground beef
1/2 cup Kretschmer® Wheat Germ
1/2 cup barbecue sauce, divided
1/3 cup thinly sliced green onions
1 egg
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oven to 350°F. Combine beef, wheat germ, 1/4 cup barbecue sauce, onions, egg and seasonings in medium bowl; mix lightly, but thoroughly. Shape meat mixture into four individual loaves; arrange in 9-inch square baking pan. Bake 30 minutes or until centers of meat loaves are no longer pink (160°F). Spoon remaining 1/4 cup barbecue sauce over tops of meat loaves. 4 Servings.

Available in the cereal aisle.



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Shield of Greens

continued from page 86

A Cancer Fighter

Research on folate and cancer is still at an early stage, but there appears to be a link between high folate intake and reduced risk of cancer, particularly colorectal and cervical cancers.

It's been known for a long time that people who eat more fruits and vegetables are less likely to get cancer. In fact, the National Cancer Institute has teamed up with the produce industry to promote "Five a Day for Better Health," a campaign to encourage people to eat five servings of fruits and vegetables each day. Dr. Peter Greenwald at the institute suggests folate may be one reason these foods are protective.

Some scientists think that folate actually helps the body's DNA resist cancer-causing elements. Folate may also participate in rebuilding and repairing damaged cells that would trigger cancerous growth if left unchecked. This effect of folate could possibly influence cancerous agents in all tissues of the body.



Folate may help shield cells from processes that trigger cancerous growths.

Folate and Birth Defects

The best known effect of folate in disease prevention is reducing the risk of spina bifida, a birth defect in which the spine doesn't form correctly, leaving the spinal cord exposed. Years of study revealed that women in the first three months of pregnancy who received at least 400 micrograms of folate per day were less likely to have premature infants or infants born with spina bifida.

Studies over the last few years point to links between adequate folate intake and decreased risk of other birth defects, such as cleft palate, as well. Recent studies indicate that a significant number of pregnant women are still struggling to get sufficient folate in their diet.

Since many women are not certain they're pregnant until the second or third month, doctors recommend that all women of child-bearing years should consume at least 400 micrograms of the vitamin daily.

Sources and Supplements

This year marks the beginning of the folate fortification program by the Food and Drug Administration.

This program requires that folate be added to breads, flours, pastas, and all other grain products.

Products with added folate manufactured from January 1, 1998, should show this information on their label. This makes it much easier for people to ensure they get sufficient folate in their diet, without need of supplements.

In addition to fruits, orange juice, vegetables, and legumes, other great sources of the vitamin are liver, oatmeal, and sunflower seeds.

Folate is not a stable vitamin, so fruits and vegetables are best raw or lightly cooked. When cooking vegetables, steam them for several minutes, just until crisp-tender to retain most of their folate.

Like anything, it's possible to have too much of a good thing. Folate supplementation over 1,000 micrograms per day (supplements usually come in 400 microgram amounts) can cause nausea, gastrointestinal problems, or sleep loss. Too much folate can also mask a deficiency in vitamin B_{12} or interfere with anticonvulsant and anticancer drugs.

A FOLATE-RICH MENU

The U.S. Recommended Dietary Allowance for folate is 200 micrograms (mcg) daily for men, 180 mcg for women, and 400 mcg for women of childbearing age. This menu supplies over 500 mcg, with a total of about 1,850 calories (27 percent of calories from fat). (*main source of folate)

Breakfast	Lunch	Dinner
½ cup orange juice*	1 tuna salad sandwich with lettuce	4 oz. baked chicken breast with
1 cup cornflakes	and tomato on whole wheat bread*	1 Tbsp. fruit chutney
1 tsp. sugar	1 cup tossed salad* with	1 cup lentil soup*
¼ cup light (1% fat) milk	1 to 2 Tbsp. fat-free dressing	½ cup scalloped potatoes
½ cup strawberries*	1 cup milk	½ cup steamed spinach*
1 slice whole wheat toast*	1 medium orange*	1 multigrain dinner roll with
2 tsp. jam	2 rye crackers	1 tsp. butter or margarine
Coffee or tea	1 oz. cheese	1 slice pound cake



Osteoporosis isn't caused by aging. It's caused by ignorance.

What is osteoporosis?
Osteoporosis is a disease of excessive bone loss. As you age, you bend, you shrink, your calcium-based bone structure crumbles. But the more you know about osteoporosis, the less likely you are to get it.

TUMS is recommended by more doctors than any other brand of calcium. And Tums is the first calcium supplement ever recommended by the National Osteoporosis Foundation.

America has a calcium deficiency.
80% of American women don't get enough calcium. That's one reason why so many of us will get osteoporosis.

TUMS is pure. TUMS is natural.
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Get your calcium. It's easy. Take your TUMS.
The good news is calcium can help prevent osteoporosis, and calcium is easy to get. As easy as taking Tums. Yes, Tums.

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Take charge of your future.
Talk to your doctor. About calcium. About exercise. About risk factors. And take your Tums. It couldn't be easier. It couldn't be more important.

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Medicine Chest Makeover

While spring cleaning this year, don't forget the teetering towers of pill bottles, aged ointments, and stray bandages lurking in your medicine chest.

First, toss any medicines that are discolored, cracked, or sticky from deterioration; past their expiration date; or have labels missing. Flush the pills down the toilet to keep them away from children or pets.

After removing old medications, Jeanelle Lund, a pharmacist at the University of Washington, recommends that every family stock their cabinet with the following:

- Pain relievers, such as aspirin, ibuprofen, or acetaminophen. (Avoid giving children and teenagers aspirin; studies show a link between aspirin and Reye's syndrome, a potentially fatal condition.)
- Adhesive bandages and sterile gauze pads.
- Ipecac syrup for forcing vomiting in accidental poisonings. (Use only with direction from a poison control center.)
- An antihistamine, in pill or liquid form, for allergic skin reactions and itching.
- Antibiotic ointment to prevent infection of minor cuts.
- A list of emergency phone numbers, including police, fire, doctor, ambulance, hospital, and poison control center. Keep a duplicate list near your other phones.
- Antibacterial soap for disinfecting cuts.
- Sunscreen with a sun protection factor of 15 or higher.
- A chemical ice pack for sprains.

HEALTH ALERT

Give kids a shot. One-fourth of the children in this country haven't been fully immunized against childhood diseases. To be sure your children are protected, call the Center for Disease Control's National Immunization Information Hotline about vaccine-preventable diseases, such as chicken pox, diphtheria, hepatitis B, measles, influenza, mumps, and polio.

Some parents assume vaccines are no longer important because childhood diseases aren't as common as they once were, says Mary Stuart, hotline director. But failure to vaccinate children against measles at 12 to 15 months was a major factor in the 1989-91 measles outbreak, in which 125 people died. Call 800/232-2522 from 8 a.m. to 11 p.m. EST Monday through Friday.

No Strings Attached

Something as simple as a drawstring on a jacket can seriously injure or even kill a child.

Forty-seven accidents involving drawstrings resulted in the death of eight children between 1985 and 1995 in the United States. A study by Johns Hopkins School of Public Health showed that 31 children, ages 2 to 14, were hurt when drawstrings snagged on playground slides, and 12 more when drawstrings got stuck in school bus doors.

In most cases, the kids became trapped when toggles or knots at the ends of the drawstrings became stuck. The strings snagged in gaps near the top of slides or in the handrail spaces on the bus.



To avoid these accidents, the study suggests that parents remove all drawstrings from their children's clothing. Other options include shortening the drawstring, or removing toggles or knots.

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Buying Guide

continued from page 64

SUNSHINE KITCHENS

Pages 148-149: dishwasher—Mile Appliance, Inc., 22D World's Fair Dr., Somerset, NJ 08873; 800/843-7231. **Countertops**—Dupont Corian Customer Response Center, Barley Mill Plaza, P.O. Box 80012, Wilmington, DE 19880-0012; 800/426-7426. **Napkins, large lettuce bowl, canisters on shelf left of sink**—Silver Skillet, 2690 Via La Valle, Del Mar, CA 92012; 619/481-6710. **Cooktop**—Wolf Range Co., 19600 S. Alameda St., Compton, CA 90221; 800/366-9653. **White coffeepot and cup**—Starbucks Coffee Co., P.O. Box 34510, Seattle, WA 98124-1510; to place an order or for store locations call 800/782-7282.

Pages: 150-151 (*left*): pendant lights, Musa "Plafonier"—Primo Lighting, 114 Washington St., Norwalk, CT 06851. **Bar stools,** "Napolean"—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Dishwasher**—ISE, 4700 21st St., Racine, WI 53406. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Microwave oven**—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430; 800/237-4277. **Tile backsplash**—Waterworks, 11 Precision Rd., Danbury, CT 06810; 203/730-8132. **Recessed lighting**—Lightolier, Inc., 631 Airport Rd., Fall River, MA 02720; 800/215-1068. **Skylights**—Velux Roof Windows and Skylights, P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Granite countertops**—Valley Marble, 15 Valmar Dr., New Milford, CT 06776. **Exhaust hood**—Abbaka Trading Co., 435 23rd St., San Francisco, CA 94107; 800/548-3932. (***Right*): dining room chairs**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Hanging light fixture**—Klaff's of Westport, 14 Post Rd. E, Westport, CT 06880; 203/227-9024. **Table**—Prince of Wales, 1032 Post Rd. E, Westport, CT 06880. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128. **Window fabric,** "Trellis De Redote"—Westage Fabric, Inc., 1000 Fountain Pkwy., Grand Prairie, TX 75050; 800/527-6666.

Pages 152-153: windows—Andersen Windows, Inc., P.O. Box 203070, Austin, TX 78720-9752; 800/426-4261, ext. 1232. **Range and microwave**—GE Appliances, GE Answer Center; 800/626-2000. **Trash compactor**—KitchenAid, 2000 M-63, N, Benton Harbor, MI 49022; 800/422-1230. **Wall coverings**—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016; 800/423-5881.

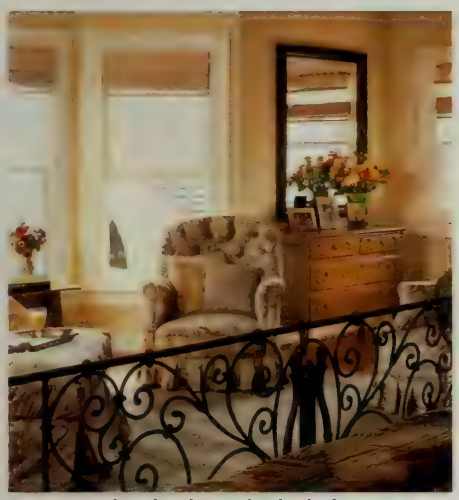
MADE-TO-ORDER MASTER SUITES

Pages 153-159 (*center left*): pillows—Crate & Barrel; for store locations, call 800/451-8217. **Lamp**—Linens 'n Things, 500 King Hwy. Cutoff, Fairfield, CT 06430; 800/568-8765. **(*Bottom left*): hardware for pop-up television cabinet**—Auton Motorized Ssystems, 28220 Crocker, Valencia, CA 91380-2320; 805/257-9282. **Television**—JVC, 107 Little Falls Rd., Fairfield, NJ 07102; 800/252-5722.

Pages 160-161 (*left*): whirlpool tub—Kohler Co., Kohler, WI 53044; 800/456-4537. **Tub spout and handles**—The Chicago Faucet Co., 2100 Clearwater Dr., Des Plaines, IL 60018-5999; 708/803-5000. **Slate tile**—Ann Sacks Tile & Stone, 8120 NE. 33rd Dr., Portland, OR 97211; 800/278-8453. **Towel**—Strouds; for a retailer near you or to order by mail, call 800/787-6837. **Bath accessories**—Linens 'n Things (address above). **(*Center*): lavatory bowl**—Kohler Co. (address above). **High-rise spout and handles**—The Chicago Faucets Co. (address above).

Pages 162-163 (*far left*): fabric for square-border pillow—Covington Fabrics, 267 Fifth Ave., New York, NY 10016. **(*Top right*): paint** (Iced Teal)—The Sherwin-Williams Co.; for further information call 800/474-3794. **Lamps**—The Bombay Co.; to place an order or for store locations; contact: 550 Bailey Ave., Ste. 400, Fort Worth, TX 76107-2111; 800/829-7789. **Bed linens** (Mint Green)—Martex WestPoint Stevens Home Fashions, 1185 Ave. of the Americas, New York, NY 10036; 800/533-8229.

Pages 164-165 (*left*): raised-panel doors—Craftmaster by Masonite Corp., One S. Wacker Dr., Chicago, IL 60606; 800/621-6749. **Door casings**—Style-Mark Urethane Millwork, 960 W. Barre Rd., Archbold, OH 43502; 800/446-3040. **Wall paint** (B/M HC11); **trim paint** (Linen)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Prefinished hardwood flooring** (Cherry Royale)—Premier Wood Floors, Div. of Triangle Pacific Corp., 16803 Dallas Pkwy., Dallas, TX 75248. **(*Right*): four-poster bed, four-drawer chest**—Drexel Heritage Furnishings, Drexel, NC 28619; 800/447-4700. **Slipcover fabrics for chaise and chairs,** "Lookout Mountain" (Spice), No. 662221—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016; 800/423-5881. **Chaise,** "Sutherby"—Mitchell Gold, P.O. Box 819, Taylorsville, NC 28682; 800/789-5401.



A sunny bay brightens this bedside retreat.

Windows—Weather Shield Mfg. Inc., Consumer Information, c/o Hoffman York, 330 E. Kilbourn Ave., Milwaukee, WI 53202; 800/477-6808. **Area rug,** "Shiraz-Fern" (275/Sage)—Capel, Inc., 831 N. Main St., Troy, NC 27371; 800/334-3711. **Pleated shades**—Levolor Home Fashions, Customer Service, 7614 Business Park Dr., Greensboro, NC 27409; 800/538-6567. **Window casings, plinth blocks**—Style-Mark Urethane Millwork (address above).

Page 166 (*top*): wall paint (Waverly); **trim paint** (Linen)—Benjamin Moore & Co. (address above). **Solid-surface countertop, integral lavatory bowl,** "Gibraltar" (Ivory)—Wilsonart International, 2400 Wilson Pl., Temple, TX 76503; 800/433-3222. **Lavatory spout and handles**—Moen Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Vanity cabinet,** "Highland" (Pickle)—Wellborn Cabinet, Inc., P.O. Box 1210, Ashland, AL 36251; 800/762-4475. **Windows**—Weather Shield Mfg. Inc. (address above). **Window casings, plinth blocks**—Style-Mark Urethane Millwork (address above). **(*Bottom*): ceramic tile,** (field) "Pompei" (Zefiro); (borders) "Pompei" (Oplontis)—Pastorelli Tile, Italian Trade Commission, 499 Park Ave., New York, NY 10022; 212/848-0320. **Shower controls, wall-mounted personal spray,** "Concentrix Moentrol"—Moen Inc. (address above).

THE UNWATCHED POT

Page 169: chrome trivet—Spectrum Diversified Designs available at Kitchenworks & Gourmet Gifts, 23 West St., Litchfield, CT 06759; 860/567-5011.

Pages 170-171: green plate and blue bowl, "Mira;" **fork,** "Dante"—The Silo, 44 Upland Rd., New Milford, CT 06776; 800/353-7456.

Page 173: blue plate, "Mira"—The Silo, 44 Upland Rd., New Milford, CT 06776; 800/353-7456.

Page 174: blue bowl—Plateman Co.; available at The Firehouse on Church St., New Milford, CT 06776; 800/932-4872.

Page 176: serving fork—Ginkgo; available at Kitchenworks and Gourmet Gifts, 23 West St., Litchfield, CT 06759; 860/567-5011.

PRIZE TESTED RECIPES®

Page 218 (*right*): plate, "Wave"—Eigen Arts, 150 Bay St., Jersey City, NJ 07302; 201/798-7310.

READER SHOPPING

Page 110: *The One-Room Schoolhouse: Stories About the Boys*—Vintage Contemporaries, a division of Random House, Inc., 201 E. 50th St., New York, New York 10022. ***Growing Up With Dick and Jane***—HarperCollins, 10 E. 53rd St., New York, New York 10022.

Page 111: Trees—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 190: Römertopf Clay Cookers—Reco International Corp., 138-150 Haven Ave., Port Washington, NY 11050.

Page 230: Kids' Instruments—Woodstock Percussion, Inc., 721 Rt. 28A, West Hurley, NY 12491; **The Mozart Effect CD's and Cassettes**—The Children's Group, 1400 Bayly St., Suite 7, Pickering, Ontario, Canada, L1W 3R2. **Magicbaton Jr. Software**—PFU Limited, 2099 Gateway Pl., Suite 750, San Jose, CA 95110 and Micro Central, Inc. P.O. Box 1009, Old Bridge, NJ 08857.

Architects & Designers

PERSONALITY KITCHENS

Page 44: interior designer—Nancy Kriel, Pentimento, 226 Healdsburg Ave., Healdsburg, CA 95448; 707/431-0600. **Contractor**—Dave Young Woodworking, 3231 Rohrer Dr., Lafayette, CA 94549; 510/283-2518.

GREAT DIVIDES

Page 52: modular wall system designers—Sam Bontrager, 3700 Patricia Dr., Des Moines, IA 50322; Fredrick Baker, 163 N. Highland, Apt. E, Ames, IA 50014.

Page 58: architect for built-in cabinet wall—Bloodgood Sharp Buster Architects & Planners, Inc., Capital Square, 400 Locust St., Ste. 265, Des Moines, IA 50309; 515/283-0404.

THE LOOK OF LUXURY FOR LESS

Pages 137-144: architect—Richard Sundberg, Olson Sunberg,108 First Ave., S, Seattle, WA 98104; 206/624-5670. **Interior designer**—Judith Davison, 1155 19th Ave., Seattle, WA 98112; 206/323-3354. **Sewing**—Laurie Crystal Custom Sewing, 508-34th Ave., Seattle, WA 98122; 206/328-5433.

SUNSHINE KITCHENS

Pages 147-149: architect—Robert Mosher, FAIA, 1336 Rhoda Dr., La Jolla, CA 92037; 619/454-9473. **Pages 150-151: architect**—David E. Austin, AIA, Austin Patterson Assoc., Southport, CT 06490.

MADE-TO-ORDER MASTER SUITES

Pages 157-161: architect—Jim Galvin, Galvin-Cristilli, 1775 Hancock St., Ste. 295, San Diego, CA 92110; 619/298-8344. **Interior designer**—Brindan Byrne, 10457A Roselle St., San Diego, CA 92121; 619/457-8172. **General contractor**—Louis Beacham Construction, Inc., 405 Via Del Norte, La Jolla, CA; 619/454-2999.

Pages 162-163: architectural designer—Bruce Pierce, Concepts in Design, 855-17th St., Des Moines, IA 50314; 515/244-6333.

Pages 164-166: architect—Sears & Sears Architects, P.O. Box 917, Quogue, NY 11959. **General contractor**—David J. Kepner & Co., 400 Old Montauk Hwy., Eastport, NY 11941; 516/325-1760.

Silent No More

If You Suspect Abuse or Neglect

by Jan Faull



Many evenings when you're outside emptying the garbage, sweeping the deck, or shoveling your snowy sidewalk, you hear one of your neighbors shrieking at her children. The children are screaming and crying. The sounds leave you uneasy. Some evenings it's so bad you retreat back into your house. You worry, yet do nothing.

Debbie, another one of your neighbors, also hears the shrieking. But she does not turn away. Slowly she becomes acquainted with the troubled family and offers help to reduce the stress this parent feels. When Debbie makes a casserole for her own family, she often doubles the recipe and takes half to the mother and her children. She babysits for the neighbor's kids once a week so the mom can have a break. She offers a listening ear and occasionally brings the children clothes and toys.

Debbie is building trust and rapport, hoping the mother will confide her frustrations and seek advice. As a friend, Debbie makes it clear to the mother that she's not judging her actions—she's someone the mother can call when she's feeling overwhelmed and out of control. She's suggested a parenting class, and is even helping the family locate community resources for assistance.

There's a tendency among adults to ignore signals that tell us something horrible is happening in the life of a child. We hope the situation will simply go away. But when you turn your back, you're not helping a child who may be in danger. Force yourself to move in closer to the child, like Debbie has. Listen, observe, ask questions, and consult with another adult who knows the child. Then decide whether to take action.

Debbie makes it clear to the mother that she's not judging her actions—she's someone the mother can call when she's feeling overwhelmed and out of control.

As Debbie engages this family, she watches closely for signs of mistreatment, not only welts and bruises but whether the children are adequately fed and clothed, have medical care, and aren't left to roam the neighborhood unsupervised. She believes the help she's providing eases the mother's stress and keeps the children safe. However, she wouldn't be afraid to call

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HOW
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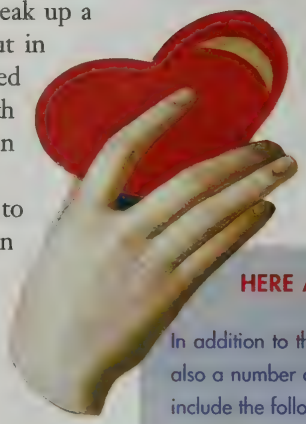
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authorities if it became necessary.

It's hard to turn someone in, even when you're sure children are being abused. Nobody wants to break up a home and take children away from parents. But in most reported cases, the children are not removed from the home. Once a parent is confronted with the problem and help prescribed, the situation almost always improves.

All parents know that children can bring adults to the point of rage. But there is a difference between an occasional burst of anger and repeated incidents involving screaming, severe spanking, and worse. Child abuse includes any nonaccidental physical injury, neglect, and sexual and emotional abuse.

You may wonder how a parent could ever hurt their own children. Don't they love them? Understand that parents who abuse and neglect their children may indeed love them. Often, parents who mistreat their children were abused or neglected themselves when growing up. That fact, plus a combination of low self-esteem, feelings of being overwhelmed with the rigors of parenting, isolation, and poor parenting skills lead to such maltreatment.



Nobody wants to break up a home. But in most cases... once a parent is confronted and help prescribed, the situation almost always improves.

Behavioral red flags

A child's observable behavior often signals abuse. Some red flags to look for include the following actions.

Fear of adults or authority figures. An abused child is likely to generalize his or her fear to other adults, especially teachers and principals.

Incidents of running away from home or reluctance to go home. Children who run away from home or who are hesitant to go home may fear being harmed. Or, the children may have little emotional attachment to the people who should be caring for them.

Demonstrations of extreme behaviors. Such actions include crying often or never, and unusually aggressive, withdrawn, or fearful behavior. Some abused or neglected kids act out, hoping someone will attend to their emotional needs. Other kids shut down any emotional response. They believe that since no one has attended to them, no one ever will.

Sexual knowledge, behavior, or use of language not appropriate to age level. The traumatic experiences of sexually abused children have taught them behaviors and language unknown to other children innocent of such experiences.

Habitual truancy or tardiness to school. Children who are frequently truant or tardy probably don't have caring adults to see that they get up in the morning and out the door on time.

Abusive events reenacted in play or drawings. An abusive event revealed in a child's artwork or dramatic play shouldn't be dismissed as happenstance. Most likely the child has experienced what he or she is revealing.

Jan Faull is a parenting instructor in the Seattle area. You can read her parenting columns on the Internet at www.family.com.

HERE ARE SOME SIGNS TO LOOK FOR

In addition to the behavioral signs mentioned *above*, there are also a number of physical traits that suggest child abuse. These include the following.

- Unexplained bruises or welts on any part of the body. Banged up knees and elbows are different from bruises and welts caused by abuse. If a child hesitates to explain a bruise, or the child's explanation seems incongruent with an apparent welt, don't hesitate to report what you see to the governing state agency.
- Lags in physical and mental development. Maltreated children are not raised in an environment that enhances development. They might fall behind in language or other skills, such as running or climbing.
- Lack of basic needs: Housing, clothing, food. If a child doesn't have a home to go to after school, adequate clothing for cold weather, or food for lunch, it's clear the child's basic needs are being neglected.
- Lack of essential health care, frequent illness, and poor hygiene. Children with continuous colds, ear infections, or diaper rash, or children who often go to school with a fever, diarrhea, or stomach flu may not be adequately parented.
- Lack of supervision for long periods of time. If children wander the neighborhood or hang around the school playground for hours, it's apparent that no one cares or notices when they come or go.
- Difficulty walking or sitting. If a child's bottom or legs hurt from abuse, the child will have trouble walking and running or getting up and down from a chair.

One of these signs alone usually doesn't mean a child is being abused, but any combination is a red flag. Each state has its own agency for reporting abuse, usually listed in the phone book under the Department of Health and Human Services.

If you're stressed with the rigors of parenting and fear you'll abuse or neglect your children, or if you suspect that a child you know is being mistreated and want more information on child abuse and neglect, call Childhelp USA at 800/422-4453. Childhelp USA provides a national 24-hour hot line staffed by professional counselors who will assist you.



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The car is sinking and you're inside. Unlikely? In the U.S. alone, more than 600 people have drowned in their vehicles since 1995. State highway officials remind drivers not to panic and to remember the word "POGO": Pop your seat belt. Open the window. Get Out! If you have power windows that are stuck shut, open the door. At first, water pressure will probably hold it closed. But as the water rises inside the car, it will equalize the pressure and the door should open. Learn more highway emergency tips in "Driving Dangers," free from Shell. Pick up a copy at your nearest Shell station, or visit us at www.countonshell.com, or call 1-800-376-0200.

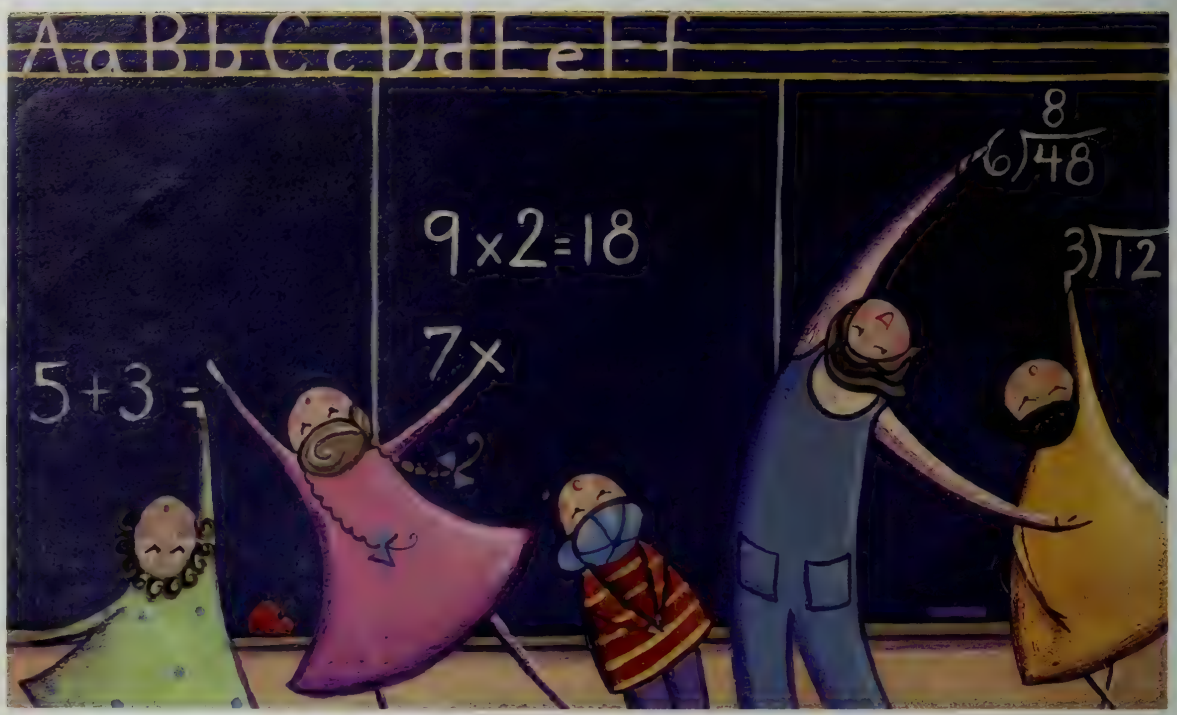


Count on Shell

education

Lessons from a One-Room School

by Jim Heynen



I graduated from one of the last one-room schoolhouses in Iowa—Welcome Township, Schoolhouse Number Three. When asked what school I attended, I gave the simple answer: "Welcome Number Three."

On winter mornings, my brother and I would carry a 3-gallon can of drinking water to school. We lived only about a city block away, so this was our regular chore—"And don't complain, because you don't have as far to walk as the other kids!"

Students would arrive, put their lunch buckets inside the hallway, and we'd all play outdoors until Teacher rang her handheld bell. We'd then noisily bustle inside, stand beside our desks, and pledge allegiance to the flag. After that, we'd sing a few songs and the academic day would begin.

"Third-grade reading," Teacher might say. This was the call for the third graders to get up from their desks and go up front to the long recitation bench, while the rest of us did our schoolwork and waited for Teacher's call for our subject and grade. Somehow before the end of the day, the teacher would teach most subjects to all eight grades.

> "Something magical happened in that one-room school."

Although we were separated into different grades, we shared many of the day's activities—the singing and pledge in the morning, the schoolyard playing, and story reading.

On Fridays we had no formal classes in the afternoon. Instead, we all cleaned the school—dusting, sweeping the floor with the green "sweeping compound," and generally tidying up. If we did a good job, we were *rewarded* with free time to draw or write poems and stories!

Was it really like that? Well, yes it was. But by today's standards, the teachers were invariably underqualified, none of them in my eight years of education having held a bachelor's degree. I remember that the teacher we had for my seventh and eighth grades was not fond of certain subjects—like biology and history—and, therefore, taught them minimally. The library was a double-doored closet that couldn't have held more than a hundred books. In truth, I was ashamed of what hadn't happened at Welcome Number Three and resented it for its inadequacy.

I know we tend to romanticize what we first despise, but in spite of its shortcomings, I know now that something magical happened in that one-room school. Among those who attended my school, you'll find college professors, teachers, a minister, a hospital administrator, a medical doctor, and several others in professions requiring higher education.

Success for many of us was a

continued on page 100

ILLUSTRATION: LINDA BUCKNALL



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Lessons

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natural consequence of that environment. Indeed, many educational experts are taking a second look at what was right about the one-room schoolhouse arrangement and what may be of use to parents today.

The way it was

Learning occurred across age boundaries. Teachers had to utilize older kids to teach younger kids. John Kusik, vice president of Creative Education Institute in Chagrin Falls, Ohio, argues that this pairing of the older and the younger student benefited both parties. "The older child developed self-confidence, while the younger child or the one who was not doing as well bonded with the older-student helper and formed a personal relationship."



"Give kids a taste of what lies ahead."

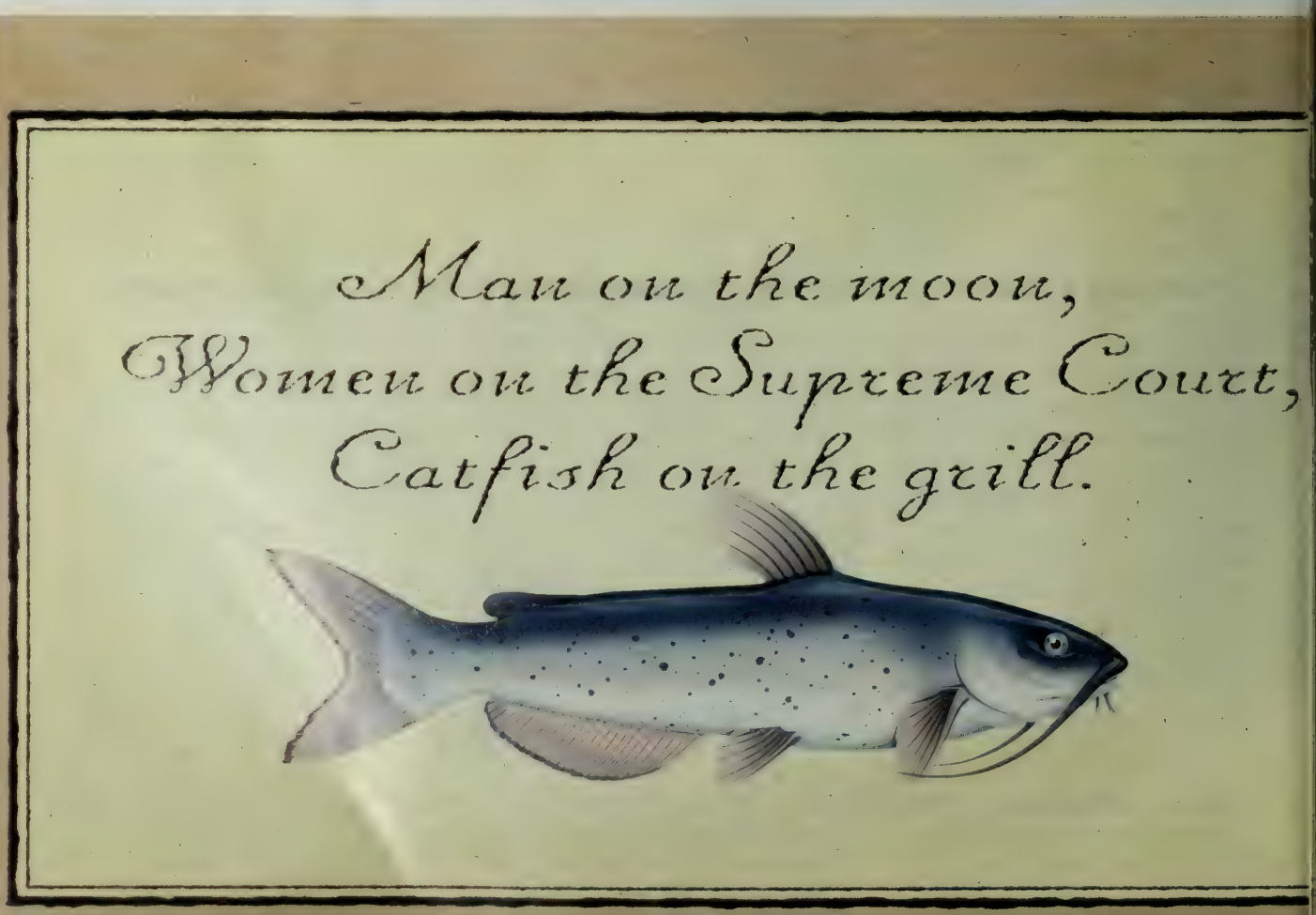
Even on the softball field the older students learned to pitch slow to the little kids—learning was cooperative rather than competitive.

Also, much of the learning was peripheral. When the teacher called, "Eighth-grade history," and the eighth graders walked forward, we might have heard about the Constitution, for example. Those of us in the lower grades would have been given that lesson peripherally, indirectly, many times before we were taught it directly. Andrew Gulliford, author of *America's Country School*, says that students were able to "preconceive" what would be taught in the higher grades, which helped them be more prepared.

And finally, much of our learning was not from textbooks. I know many schools today have music and story-reading sessions, but in my school there were few restrictions on the amount of time given to these activities. The morning group sings often spilled over into the time scheduled for reading, writing, and arithmetic. The non-textbook activities resulted in both my love for music and literature—a major part of preparation for the life I live today.

Lessons for today

Here are a number of ways today's parents can imitate the positive benefits of a one-room schoolhouse



education for their own children.

Give kids more multiage experiences. Let older kids learn to teach younger kids how to work on simple tasks, like cleaning up the lawn or garage. Ask your child to read his or her book report to an older sibling or friend. Let your kids explain new methods of learning math. Not only will it help reinforce the material, it will help them become comfortable speaking before others. Talk about geography the way you learned it, and then let your kids show you how country borders have changed. This exchange could become a family game and a history lesson combined: It used to be...but now.... For example, "It used to be we threw our bottles away, but now we recycle."

Build anticipation of the learning that lies ahead. If you're paying monthly bills, give your young child a play checkbook so he or she can handle a pretend account. Give older kids some experience by allowing them to plan a meal, do the grocery shopping, or provide input in planning a family budget. Take elmentary students to high school science fairs or musical and dramatic presentations, and let high school students visit college campuses. If you have older children at home, let them show the younger ones what they're doing in school. Preview daily activities by sharing an interesting newspaper article; read through the day's mail.

Many young people today have trouble envisioning a future workplace because they rarely see a workplace. Call a nearby corporation to plan a visit from your family or your child's entire class.

Create an atmosphere for peripheral learning. Carry the simple hope that your children will learn what you want them to learn simply by seeing you enjoying reading, enjoying constructive play, enjoying their stories, enjoying their talk—indeed, enjoying your own life.

Provide small-group learning environments. As Andrew Gulliford points out, progressive contemporary educators are strongly encouraging the one-room schoolhouse model of smaller classrooms and programs that allow students to learn at their own rate in an atmosphere where they can help each other.

Many schools already foster small-group learning situations, assigning students to teams. Parents can urge schools to provide more of these kinds of activities. Even in large classes, encourage your child to participate. It will help your student stay alert and build self-confidence.

Jim Heynen is a professor of creative writing at St. Olaf College, Northfield, Minn., and author of Being Youngest, *a novel for young adults, and* The One-room Schoolhouse, *a book of short stories (which can be ordered on* page 110*).*



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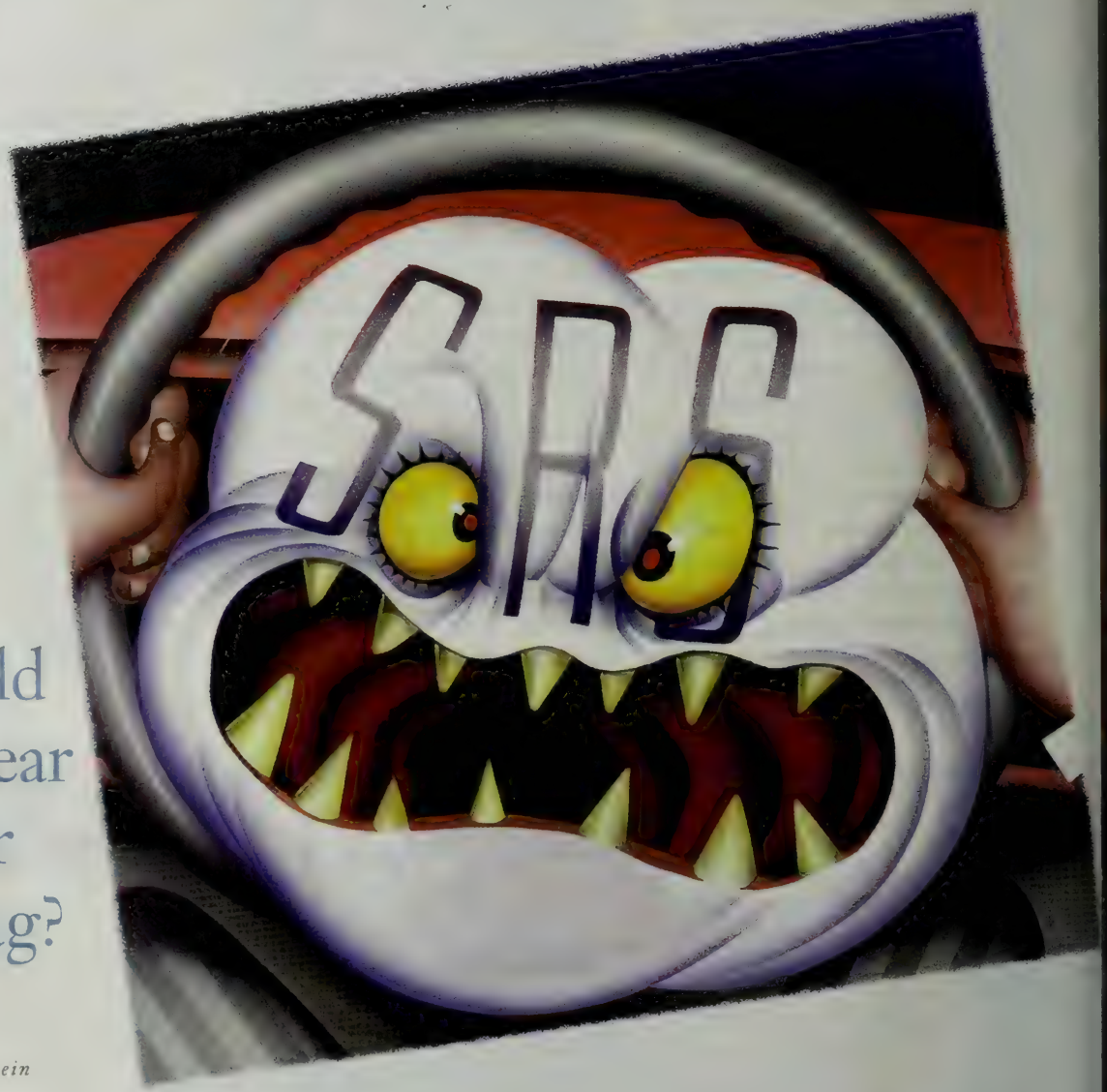
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Should You Fear Your Air Bag?

by Paul A. Eisenstein

Rob Sanders was out for a drive in October 1995 with his daughter Alison, 7, at his side. Sanders, piloting a three-week-old Dodge Caravan, missed a red light. He tried to stop, but his minivan collided with another vehicle in the intersection. According to investigators, Sander's minivan was traveling at less than 10 mph, but the impact was still enough to trigger the air bags.

"When the smoke cleared, I saw that Alison was unconscious. She had massive brain damage and died almost instantly," Sanders says, still choking back rage and hurt more than two years later. His daughter was the 14th child killed in an air-bag accident. As of November 1997, the death toll had risen to 49 children and 38 women.

Air bags have been hailed as a major auto safety breakthrough, credited with saving more than 2,600 lives. Yet like a technological Jekyll and Hyde, there's a darker side to the story. Should you fear your air bag? Or can you feel safe knowing it's there, silently waiting to protect you?

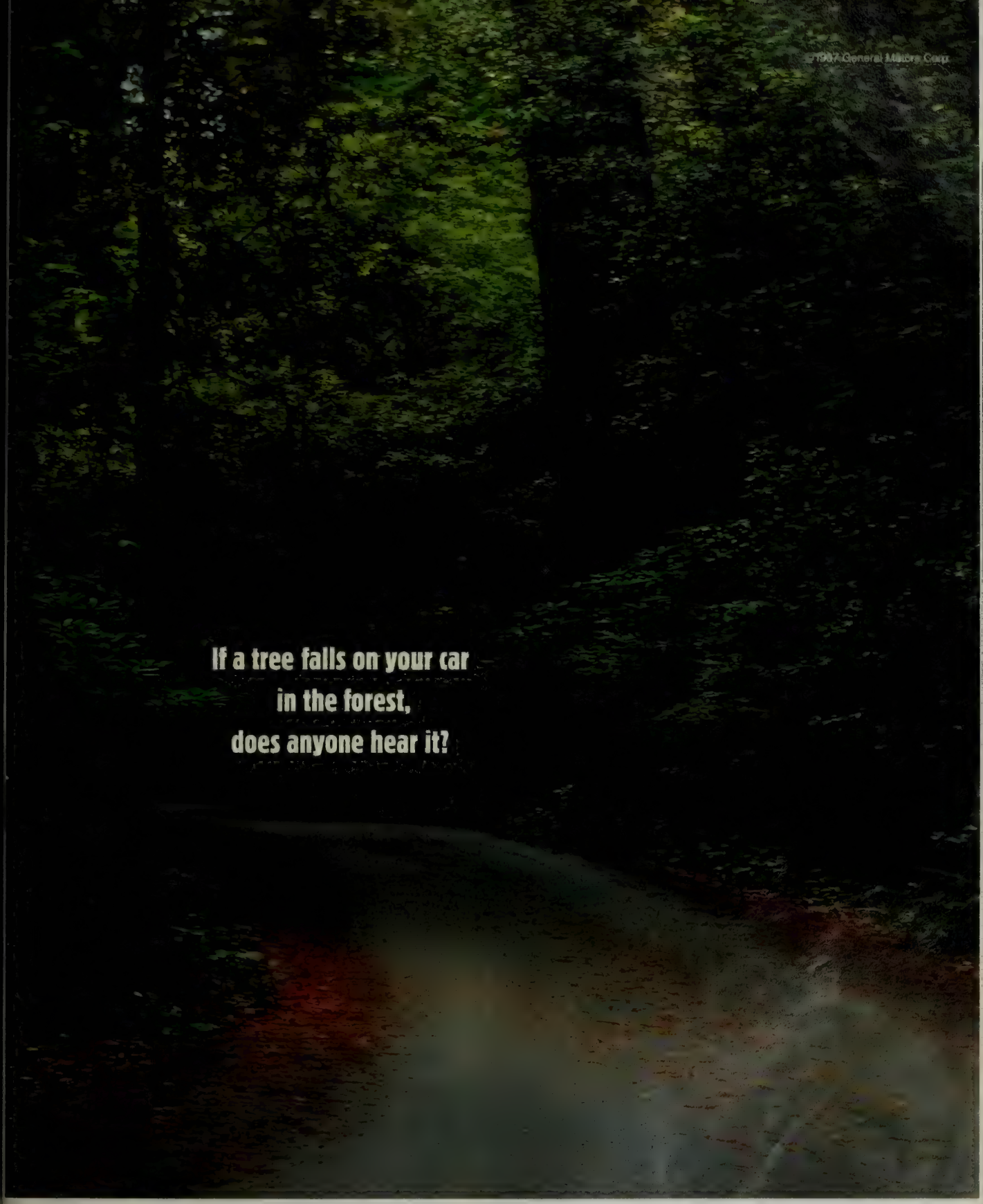
Statistics suggest the devices are far more likely to help than hurt us. But those same statistics conceal individual tragedies that have nudged both the auto industry and the federal safety bureaucracy into action. Carmakers are racing to develop "smart" safety restraint systems (SRS) that will know who's sitting where, and that will regulate whether and how a car's air bags inflate in an accident.

But with such technology still years from introduction, the National Highway Traffic Safety Administration has issued new rules designed to reduce the risk that an air bag will injure or kill. Automakers are switching to lower-power air bags, and in certain circumstances, motorists will be allowed to turn their air bags off.

It's becoming harder and harder to find a car without an

continued on page 104

ILLUSTRATION: BILL MAYER



Car hits tree. Or tree hits car. Airbags inflate. OnStar Center is alerted. Computer map pinpoints location. Advisor calls back, gets no answer. Advisor calls nearest emergency service provider. Yes, someone will hear you. 24 hours a day, 7 days a week. Even if you can't call, we'll hear you. We'll hear you in other ways, too. If you're lost, we'll direct you. If your car is stolen, we can track it. If you're locked out, we can unlock. It's a service called OnStar. It's available on nearly 2 million new GM vehicles. And it gives you more peace of mind. Because it's a jungle out there. Even when it's only a forest. For more information, call 1-888-ONSTAR-7 or visit our website at www.onstar.com.

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Your Family Car

continued from page 102

air bag these days, and nearly all new models come equipped with both driver-side and passenger-side bags. Those used in cars sold in America are bigger than the ones used in Japan and Europe. That's because the original U.S. specifications established in the 1980s "were based on the assumption no one would buckle up" their seat belts, says Dr. Jeffrey Augenstein, a trauma surgeon and professor at the University of Miami School of Medicine. Federal rules required that air bags be able to protect an unbelted 160-pound male. To do that, they had to inflate as fast as 200 mph and hit you with as much as 2,000 pounds of force, which all too often is enough to injure small women and children.

After his daughter's death, Sanders, a Baltimore attorney, became an activist in the air-bag controversy. He now serves as director and general counsel of Parents for Safer Air Bags. "I'm still a believer in air-bag technology—when it works," says Sanders. "What is missing from the air-bag debate is that there is a huge variance in performance of different air-bag systems. Some have serious problems, others have a stellar performance."

That's backed up by government statistics showing that vehicles from six automakers have not been involved in air-bag fatalities or serious injuries. The "safe" list includes BMW, Honda, Mercedes-Benz, Porsche, Saab, and Subaru. On the other hand, Ford Motor Co. had the worst record of air-bag deaths and injuries, with nearly 29 percent of the total through November. (Ford, however, moved quickly to install the gentler, lower-power air bags,

HOW TO PROTECT YOURSELF

Here's how to ensure that the air bag in your car will protect you, not make you its victim:

- Wearing a seat belt is the first line of defense. Make sure it's snug and position it over the bone in your hips, not over your belly where it could cause internal injuries.
- The next step is to make sure that all children are in the back seat. Even in cars not equipped with air bags, studies show that a child is 30 percent less likely to be injured or killed when seated in the rear. Never place a child in a rear-facing infant carrier in the front seat.
- Use the 10-inch guideline. Position yourself behind the wheel so the center of your breastbone is at least 10 inches from the center of the air bag cover. The federal highway safety agency says a recent study found that almost everyone in a test group of women ranging in height from 4 feet 8 inches to 5 feet 2 inches was able to sit 10 inches from the driver air bag.
- Another tip: Keep your hands on the rim of the steering wheel. Anything placed in front of the steering wheel hub, where the air bag is mounted, will be blown back at your face when the bag bursts out in an accident.

in 1998 cars and trucks as soon as federal rules allowed.)

The design of a car's air bags appears to be a critical factor. Experts suggest the best air bags are tethered—literally tied down so they won't intrude too far into the passenger compartment when inflated. And better bags deploy vertically. Honda's bags burst from the top of the dashboard rather than out the front, bounce off the windshield, then turn downward, toward the floor, so a passenger is spared the full force of inflation.

"Air bags are like strong miracle drugs. If you use them right, they can save lives."

The strategy used to decide when and how an air bag inflates also affects the safety record, as demonstrated by Mercedes-Benz, which has recorded no air-bag injuries. Many carmakers set air bags to trigger at vehicle speeds as low as 9 mph. Mercedes uses a "dual deployment" strategy. In a low-speed accident, between 12 and 18 mph, only seat-belt tensioners are triggered if front-seat occupants are wearing their seat belts. These tensioners tighten the belts to reduce the odds that your body will smash into something. If someone is not wearing a seat belt, only that air bag will deploy with the car at speeds as low as 12 mph. The Mercedes system is one many applaud, including Rob Sanders. "It makes no sense to have a bag deploy the same way in a minor fender bender that it does in a high-speed front-end collision," he says.

Like Ford, a number of manufacturers have begun decreasing the power of their air bags now that federal regulations allow it. Also, a few vehicles, such as Ford's best-selling F150 pickup, are equipped with on/off switches for the passenger-side air bag. They should be turned off only when a child is in the passenger seat.

New federal rules also permit car owners to deactivate air bags permanently under special circumstances, but only if they receive a government waiver. Typically, waivers will be granted only to those who must carry children in the front seat or to small adults who cannot sit at least 10 inches away from the steering wheel.

Brian O'Neill, president of the Insurance Institute for Highway Safety, says that "for the overwhelming majority of motorists...the air bag is far more likely to protect rather than injure." According to the insurance institute, air bags have reduced driver deaths in frontal collisions by 14 percent, and they have reduced passenger-side deaths by 11 percent.

Automakers and automotive regulators both are learning from their mistakes, and each year air bags get better and more effective. The new federal rules should reduce injuries even more. But the bottom line, says Mercedes spokesman Fred Heiler, is that "air bags are like strong miracle drugs. If you use them right, they can save lives. But if you misuse them, you can get hurt." ⌂



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Salad.

Salary.

Salvation.

Salute.

Which word comes from salt?

The English language is peppered with words related to salt. "Salary" comes from Roman times, when salt was so precious, it was used as cash.



Then there's salad, sausage, salute, sailor, soda, salvation, and so on.

See? Even without the swear words, English is a very salty language.

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Job #1 for duct tape

Thoroughly check your heating and cooling system's ductwork or your next utility bill could end up sending a shiver down your spine. Leaky ducts are a major source of wasted energy. Look for holes in the ducts and for joints that have come apart. You can fix most holes with duct tape; joints should be reattached with duct-sealing mastic or fixed by a professional heating-and-air-conditioning contractor. Also, be sure that ducts running through attics or vented crawl spaces are insulated to prevent warmed or cooled air from changing temperature as it is blown along towards its intended destination. Cover tubes with blankets of fiberglass insulation that have ratings of R-11 or better. If you suspect a more serious leak, hire a contractor to conduct a flow-hood or blower-door test. These tests cost between $200 and $400, but they'll measure total system leakage and pinpoint leaks.

our environment

YOU MAKE THE DIFFERENCE



Read the label

Take a close look at the label on any household cleaning product or pesticide and you may find yourself awash in incomprehensible chemical formulas and tough-to-follow safety and use instructions. That's changing. Recently, the Environmental Protection Agency (EPA) teamed up with the makers of household products to launch the Consumer Labeling Initiative, a partnership to make labels easier to understand.

This spring you'll start to see medically correct first-aid statements; ingredient listings by common names instead of chemical formulas; and storage, disposal, and container recycling instructions. Labels will also include a toll-free phone number that consumers can call in case of a related emergency.

Even though many of these changes are currently taking place, the initiative requires input from consumers. If you have ideas about how to improve product labels, the EPA wants to hear them. Send suggestions to OPPT Document Control Officer (7407), AR-139 Consumer Labeling Initiative, Environmental Protection Agency, 401 M St. SW, Washington, DC 20460. Or, get more information at the agency's Internet site at www.epa.gov/opptintr/labeling.

Energy Star Home Office



Personal computers can answer your phone, receive faxes, and turn on the lights when you come home at night. But not without power. Earlier generations of computers had to be left on and fully operational to perform round-the-clock duties, and that meant they were constantly consuming energy. Now comes a way to manage this hungry appetite: computers that go into a sleep mode with a lowered need for electricity.

In cooperation with the Environmental Protection Agency (EPA), most major computer manufacturers are joining the Energy Star Program and designing equipment that powers down to use less electricity when it's not active. A computer that meets Energy Star criteria, for example, will "go to sleep" and drop its electrical consumption from an average of 160 watts to only 30 watts when it's inactive. The machines instantly wake up and return to full power when they're called on to perform tasks again. Estimated annual savings per computer are small—between $10 and $50—so operating a single computer isn't going to make a big difference in your electrical bill. The cumulative effects nationwide, however, add up to hundreds of thousands of dollars and reduced demand on the nation's power plants. Best of all, energy-saving models don't cost any more than their power-hungry cousins.

In addition to setting standards for computers, the EPA's Energy Star program also defines voluntary power-use limits for other office equipment, such as fax machines, scanners, printers, and monitors. ⌂

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building

Quieting the Noisy House

Good noise is that dreamy Bach accompanying your dinnertime preparations. Bad noise is a teen's rock and roll knifing right through your bedroom walls.

Whether you are building a new home, remodeling, or trying to correct an existing problem, here are some sound tips for controlling those noises you don't want.

Use corners to buffer sound. The din can get confusing in today's popular one-big-public-space homes, where kitchens are often open to family rooms, dining rooms, and great-rooms. Phones are ringing, dishwashers are churning, refrigerators are humming, and televisions are blaring. But, the cure for this overload is not a return to compartmentalized, rabbit-warren living.

Sound is greatly reduced if you keep the source around a corner. Avoid aligning the room so the kitchen, sitting area, and eating area are laid out in a straight line. If possible, put the television around a corner from the kitchen. Give the telephone a private, sheltered spot. Consider whether a sound-barrier wall between the kitchen and dining room would work better for the way you live.

Block out the roar. Because interior walls are rarely insulated, they transmit sound easily. To quiet bedrooms that must share walls with entertainment centers, double the thickness of drywall and fill walls' inner cavities with insulation. Also, trade in your thin hollow-core doors for more substantial solid-core doors.

When sound is coming in from an outside source, such as a busy street, replace single-pane windows with double or triple panes. If the view isn't as important as solving the noise problem, build a barrier—a thick hedge or a wall.

Cut off noise at the source. If a refrigerator's compressor is particularly noisy, try carpeting the wall behind the unit. This will keep sound from reverberating back there. Chugging dishwashers and loud blowers on heating and cooling equipment no longer need to be problems because manufacturers have moved aggressively in recent years to silence these appliances.

Soften hard surfaces. Some people love the hollow sound of heels clacking across solid-wood floors. But if you want the look without so much echo, try factory-made floors. They are constructed with layered wood plies and can be laid down on plastic sheathing without nails. This floating floor is quiet and soft. To further dampen noise, use sound-absorbing furnishings, such as rugs and bulky upholstered furniture.

building

Driveway Dress Up





This mixed-media driveway (*far left*) features a trail of red and gray brick laid into exposed-aggregate concrete. The brick detail changes slightly near the garage (*left*).

From the front curb, the yard, and probably even the living room window, your driveway is one of the most prominent features on your home's exterior. So when Ted Jennings and Gloria Duncan planned a detached garage and driveway for their Victoria, British Columbia, home, good looks figured prominently in their design scheme.

In order to build the garage in a logical location, Ted and Gloria needed to cut the driveway right through their mature front yard and vegetable garden. "We didn't want to blacktop the yard, but wanted something that fit in," Ted says.

They decided to build the driveway from exposed-aggregate concrete, which has a warm, nubbly texture. It's embellished with a pathway of interlocking red brick pavers that tie into brick details seen elsewhere around the house, including the chimney, planters, and back patio. A gray brick border highlights the red. "It has an older look than the polished or smooth stuff," Ted says.

The dressy driveway couldn't be more appropriate for the couple's 60-year-old home. "Many people take a look at it and say it looks like it's been there forever," Ted says. That's just how the couple hoped the driveway would come together—as a convenient spot to park their boat and other vehicles, and as a boost for their home's curb appeal. ⌂



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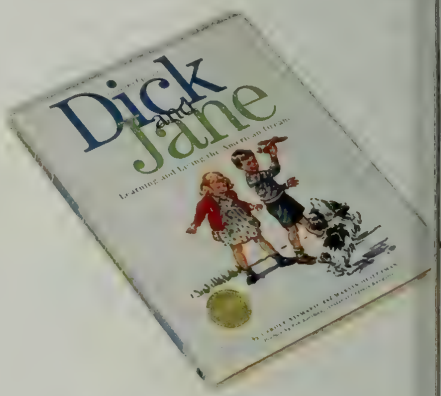
reader shopping

Nostalgic Reading

Here are two nostalgic books that will entice baby boomers to revisit the innocence of their childhoods. ***The One-Room Schoolhouse: Stories About the Boys*** is a collection of more than 100 short stories of life in the Midwest where electricity was a magical novelty and cities were a distant rumor. Indelibly American, these tales are of farm kids finding their way and contending with grown-ups, city kids, birth, death,



rats, skunks, and mean ponies. Their adventures are an education in the natural world, and an acknowledgement of what is both common and strange in human nature. From Vintage Contemporaries, a division of Random House, Inc., the 224-page softcover book costs $16.95, which includes shipping, handling, and applicable sales tax. *Please order early; quantities are limited.*



Growing Up With Dick and Jane is an entertaining and informative book featuring the fictional brother and sister who taught more than 85 million children to read. The text tracks historical, cultural, social, and educational events of the era. Illustrations include watercolors and photos from original Dick and Jane primers. The 112-page softcover book from HarperCollins also comes with a sampler of original stories and cutout dolls. The price is $24.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list of the books you wish to purchase, calculate the total amount due, and send your list along with a check or money order to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9803, Box 9128, Des Moines, IA 50306-9128.

Flowering Trees

Most of the beautiful flowering trees shown in "Branches Full of Blossoms" *(pages 127 to 134)* may be purchased from us. *Order early; we process orders on a first-come, first-served basis, and quantities are limited.* Bare-root trees are 2 to 4 feet tall at shipment. From Carroll Gardens, shipments will be made between April 1 and May 1, 1998.

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1. Look over the chart, *right;* note the zone information, and make your selections. For best results, order trees that are best suited to your area of the country. *Sorry, we are unable to ship certain trees to certain locations, as noted on chart.*

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COMMON NAME	BOTANICAL NAME	ZONES	NO SHIPMENTS TO:
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Red Spire Ornamental Pear	*Pyrus calleryana* Red Spire	5-8	AK, HI, Puerto Rico, Canada, Mexico
White-Flowered Weeping Cherry	*Prunus serrulata* Snow Fountains	5-8	AK, CA, CO, GA, HI, ID, OR, WA, Puerto Rico, Canada, Mexico
Carolina Silverbell	*Halesia carolina*	4-8	AK, HI, Puerto Rico, Canada, Mexico
Kousa Dogwood	*Cornus kousa chinensis*	5-8	AK, FL, HI, PR, Canada, Mexico
Japanese Snowbell	*Styrax japonicus*	5-9	AK, HI, Puerto Rico, Canada, Mexico
Alexandrina Saucer Magnolia	Magnolia *x. soulangiana Alexandrina*	5-9	AK, HI, Puerto Rico, Canada, Mexico
American Fringe Tree	*Chionanthus virginicus*	3-9	AK, HI, Puerto Rico, Canada, Mexico
Pink Mist Cherry	*Prunus* Hally Jolivette	5-8	AK, CA, CO, GA, HI, ID, OR, WA, Puerto Rico, Canada, Mexico

OH, BABY, WHERE HAVE YOU BEEN ALL MY LIFE?



HALF THE FAT. REALLY CHEESY.

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gardener's almanac

MARCH 1998

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE



Kentia palms are not only one of the best indoor palms, they are also one of the best indoor plants.



Bulletproof Palms

We get all tingly every time we see a Kentia palm. Its feathery fronds speak of Victorian grace and everyday elegance. But what recommends it even more to the household is its tolerance of a wide range of indoor conditions: dark or light, dry or damp, the care of a clueless plant newcomer or a fussy palm fanatic. The only provisos: Kentias are expensive (expect to pay $50 for something better than knee-high), slow-growing, and they do not ship easily—so you will have to find them (or order them) at a local nursery center. After that, about the only care you may need to provide is the occasional dusting.

SMART GARDENING™



Go With What You've Got

Much to-do is often made about "correcting" conditions in your yard. But why try to make Mother Nature do what she darn well doesn't want to do? You will spend far too much time, effort, and funds if you attempt to do battle with the mother of all gardens. And, most likely, you will lose. Badly. If you find yourself with a wet patch of moss, this is her silent bidding to plant hostas, ferns, and other shade- and moisture-loving denizens there. You want roses? Fine. Put them elsewhere. Likewise, other "trouble spots." But when you come to think about it, there really *aren't* any trouble spots.

continued on page 114

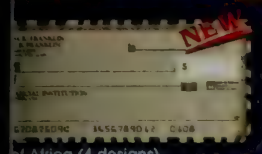
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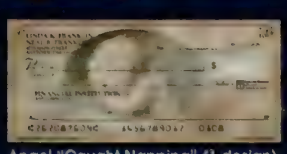
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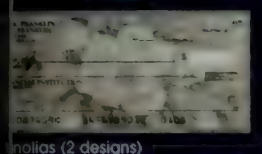


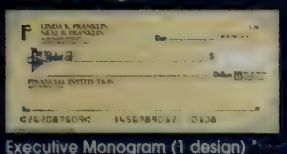
of Africa (4 designs)



Pansies (2 designs)

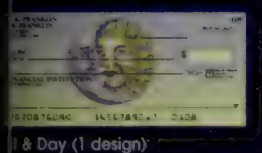

Angel "Caught Napping" (1 design)

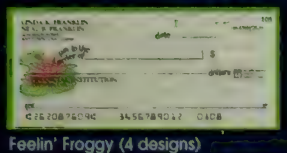

nolias (2 designs)


Executive Monogram (1 design)



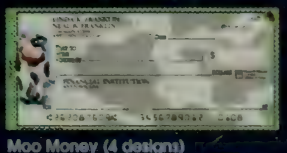
Going In Circles (4 designs)

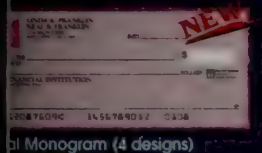

& Day (1 design)


Feelin' Froggy (4 designs)

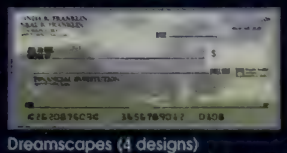


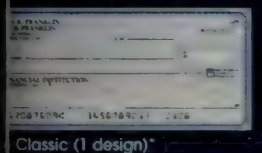
ouse Village (1 design)


Moo Money (4 designs)



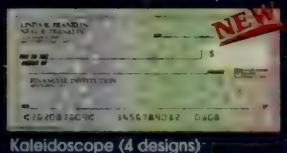
al Monogram (4 designs)


Dreamscapes (4 designs)


Classic (1 design)

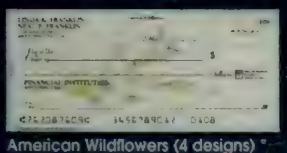

Great American Trains (4 designs)

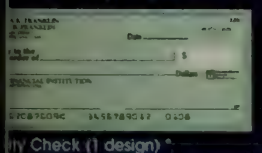

Check (1 design)

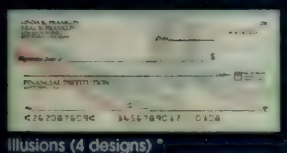


Kaleidoscope (4 designs)


ntry Charm (4 designs)


American Wildflowers (4 designs)

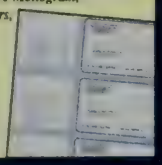

ly Check (1 design)


Illusions (4 designs)

Personal Desk Checks

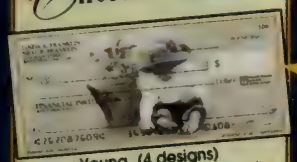
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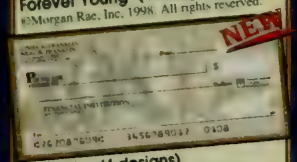
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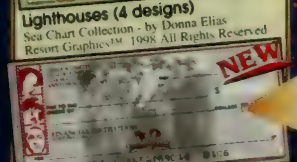

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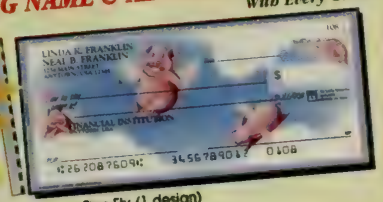


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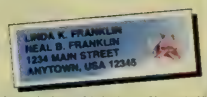

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LOOKING GOOD

The Shared Garden

The Ellises had a rose bed on their side of the property. The Knausses had one on their side, too. Then Rosemary Ellis planted an incredible array of perennials on her side of the invisible fence line. Lynne Knauss liked it so much she asked Rosemary's help to establish a flower border that backed up to it. This became a large shared garden. Now the two are planting the *side* yard together. They usually view this narrow strip from their windows (and thus can see only their neighbor's side), so each is planting the other's property. Now Rosemary's other neighbor wants to start a shared garden, too.



▲ Walt and Rosemary Ellis share a cup of coffee with Lynne and Art Knauss in their Portland, Oregon, garden. "Rosemary was my mentor," says Lynne. "I saw how pretty her garden was and wanted to do more in mine." The flower bed gets wider every year.



◀ Lynne's yard is now a wide canvas of color. The Peace rose (*upper right*), once the only flower in the yard, is now almost hidden.



▲ Rosemary and Lynne consult on Lynne's side of the "fence" with Lewis, Rosemary's retriever. "He's very helpful in the garden," says Rosemary. "He stays out of it."

- **CHARTREUSE NEWS:** Last year, the chartreuse hues of the trendy sweet potato vine Margarita seemed everywhere. This year, look for gardeners to focus on Worcester Gold bluebeard and Goldleaf forsythia.
- **CATALOG ALERT:** New to us is Oregon Exotics Nursery, which specializes in oddball fruits, nuts, and vegetables for subtropical *and* subzero climes. An example: Oca, from the Andes, which tastes like star fruit. They have pawpaws, too. Catalog $4. Contact 1065 Messinger Rd., Grants Pass, OR 97527; 541/846-7578.

PAWPAW CENTRAL

The Latest from the Patch

Pawpaw reports: • Readers, too, are reporting decent luck planting bare-root. Trees seem to do even better, however, when a rooting compound is added. • "Pawpaws are absolute nitrogen hogs," says Dorothy Callaway, a Georgia grower. She adds 10-10-10 fertilizer in spring and ammonium nitrate in early summer, and gets up to 3 feet of growth a year. • Buying by mail? Prices vary. Ask how big the trees are.



continued on page 117

DISCOVER BREAKTHROUGH MIGRAINE RELIEF THAT LETS YOU STAY ALERT AND ACTIVE

IMITREX® (sumatriptan succinate) TABLETS RELIEVE MIGRAINE PAIN, NAUSEA, EVEN SENSITIVITY TO LIGHT... WITHOUT DROWSY SIDE EFFECTS.



UNIQUE MIGRAINE RELIEF AVAILABLE ONLY FROM IMITREX

IMITREX Tablets were created specifically for the acute treatment of migraine attacks. They not only relieve the pain but also the nausea and sensitivity to light that often accompany migraine. What's more, this unique prescription medicine is effective even if you take it when your migraine is at its worst.

LETS YOU GET BACK TO YOUR LIFE

Because IMITREX is not a narcotic or barbiturate, it won't interfere with your ability to function. IMITREX stops your migraine without stopping you.

MOST PRESCRIBED MIGRAINE MEDICINE IN THE U.S.[1]

IMITREX Tablets have been prescribed for millions of migraine attacks in the U.S. and worldwide.[1]

IS IMITREX RIGHT FOR YOU?

IMITREX is appropriate for many migraine sufferers, but only your doctor or other health care provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnosis Audit (PDDA), August 1995 - July 1996. Scott-Levin, a subsidiary of PMSI.

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Please see the important information on the following page.

GlaxoWellcome

BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions section of full prescribing information and PRECAUTIONS: Drug Interactions).

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include post-menopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, but have only rarely been associated with ischemic ECG changes. However, because sumatriptan may cause coronary artery vasospasm, patients who experience signs or symptoms suggestive of angina following sumatriptan should be evaluated for the presence of CAD or a predisposition to Prinzmetal's variant angina before receiving additional doses of sumatriptan (see WARNINGS). Similarly, patients who experience other symptoms or signs suggestive of decreased arterial flow (such as ischemic abdominal syndromes or Raynaud's syndrome) following sumatriptan should be evaluated for atherosclerosis or predisposition to vasospasm.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY section of full prescribing information).

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY and DOSAGE AND ADMINISTRATION sections of full prescribing information).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY section of full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY section of full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using IMITREX Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m² basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the in vitro mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the in vitro human lymphocyte assay and the in vivo rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one half of the maximum recommended single human dose of 100 mg on a mg/m² basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: *Pregnancy Category C.* In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m² basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m² basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m² basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	IMITREX® 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	8	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	2
Neurological				
Agitation	0	0	0	2
Urogenital				
Dysuria	<1	0	0	2

*Events that occurred at a frequency of 1% or more in the IMITREX Tablets 100 group and that occurred more frequently in that group than the placebo group.

Other events that occurred at least as often on placebo as in the 100-mg dose g included abdominal discomfort, mouth or tongue discomfort, neck stiffness, anxiety, disturbance, nausea and/or vomiting, migraine, headache, drowsiness/sedation, ness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most adverse react are mild and transient and do not lead to long-lasting effects. The incidence of adv events in controlled clinical trials was not affected by gender or age of the patients. T was insufficient data to assess the impact of race on the incidence of adverse events.

Other Events Observed in Association With Oral Sumatriptan: In the paragraphs the low, the frequencies of less commonly reported adverse clinical events are presen Because the reports cite events observed in open and uncontrolled studies, the ro IMITREX Tablets in their causation cannot be reliably determined. Furthermore, varia associated with reporting requirements, the terminology used to describe adverse eve etc., limit the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an event divide the total number of patients (n = 6,348) exposed to oral sumatriptan. All reported event included except those already listed in the previous table, those too general to be info tive, and those not reasonably associated with the use of the drug. Events are further sified within body system categories and enumerated in order of decreasing frequ using the following definitions: frequent adverse events are defined as those occurring least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1 patients; rare adverse events are those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, numbness, paresth Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold sensation.

Cardiovascular: Frequent were chest discomfort, chest pressure/heaviness, c tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hypotension, p pulsating sensations, tachycardia.

Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, cerebrovas lesion, heart block, peripheral cyanosis, thrombosis, transient myocardial ische vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were hearing turbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyrotropin s ulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycemia, hypo roidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent were co pation, dysphagia, gastroesophageal reflux. Rare were gastrointestinal blee hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramps. Rare tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent were confus depression, difficulty concentrating, disturbance of smell, dysarthria, euphoria, facial heat sensitivity, incoordination, lacrimation, monoplegia, sleep disturbance, shive syncope, tremor. Rare were aggressiveness, apathy, bradylogia, cluster headache, co sions, decreased appetite, drug abuse, dystonic reaction, facial paralysis, hallucinati hunger, hyperesthesia, hysteria, increased alertness, memory disturbance, neura paralysis, personality change, phobia, radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare was hiccoughs

Skin: Frequent was sweating. Infrequent were erythema, pruritus, rash, tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, intermens bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cough, fever, retention, overdose. Rare were edema, hematoma, lymphadenopathy, speech di bance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported adverse ev from postmarketing experience except those events already listed previously in ADVERSE REACTIONS section or those too general to be informative. Because the re cite events reported spontaneously from worldwide postmarketing experience, frequ of events and the role of IMITREX Tablets in their causation cannot be reliably determi

Blood: Pancytopenia, thrombocytopenia.

Cardiovascular: Cardiomyopathy, cerebrovascular accident, ischemic co pulmonary embolism, shock, subarachnoid hemorrhage.

Dermatological: Exacerbation of sunburn, photosensitivity.

Ear, Nose, and Throat: Deafness.

Eye: Intraocular disorders, ischemic optic neuropathy, periorbital edema, retinal a occlusion.

Gastrointesinal: Xerostomia.

Hepatic: Disturbances of liver function tests, hepatic impairment.

Hypersensitivity Reactions: Erythema, pruritus, rash, shortness of breath, urticaria. In addition, severe anaphylaxis/anaphylactoid reactions have been reported WARNINGS).

Non-Site Specific: Angioneurotic edema, cyanosis, death (see WARNINGS), temp arteritis.

Psychiatry: Panic disorder.

Urogenital: Acute renal failure.

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX Tablets cannc fully delineated in advance of extensive marketing experience. One clinical study IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with a history of stance abuse failed to induce subjective behavior and/or physiologic response ordin associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 to 300 mg out significant adverse effects. Volunteers (n=174) have received single oral doses of to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary vasospasm observed after intravenous administration of sumatriptan (see CONTRAINDICATIO Overdoses would be expected from animal data to possibly cause tremor, lethargy, thema of the extremities, abnormal respiration, cyanosis, ataxia, mydriasis, and paral The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHARMACO GY section of full prescribing information), and therefore monitoring of patients after c dose with IMITREX Tablets should continue for at least 10 hours or while symptom signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on the serum centrations of sumatriptan.

Glaxo Wellcome

Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

U. S. Patent Nos. 4,816,470 and 5,037,845
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February 1997 RL-392

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IMC147RO April 1997

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gardener's almanac

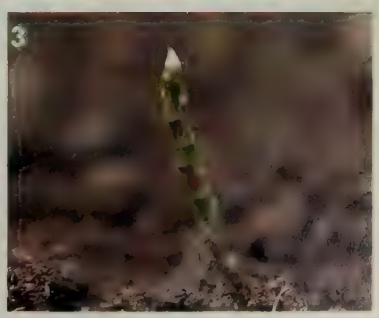
TEST GARDEN TIP

No More Trench Warfare

Despite garden lore, you do not have to dig an infinite network of trenches to plant asparagus. Just dig some holes and plant the bare-root crowns as you would any other perennial. And where most gardeners will tell you not to harvest a single spear for one or even two years, we say it's just fine to sneak a few the first year and harvest up to a third of them the second. Another tip: Look for all-male varieties, because they bear more of the delectable spears. And plant asparagus where you want it, because most likely the asparagus will be there longer than you will. To harvest, snap off the spears when they get to be about 6 inches long. After harvest, let the feathery foliage continue to grow until a killing frost.







1. Dig holes 6 to 8 inches deep in rows 1½ to 2 feet apart. Digging trenches is just so much wasted effort.
2. Place the eyes, or growth buds, face up on top of a little pyramid of soil at the bottom of the holes. Spread out the roots in the deep ring below the soil mound.
3. When the spears first appear, mulch around plants to retain moisture and discourage weeds. Harvest. Melt butter.

Buying information, page 64

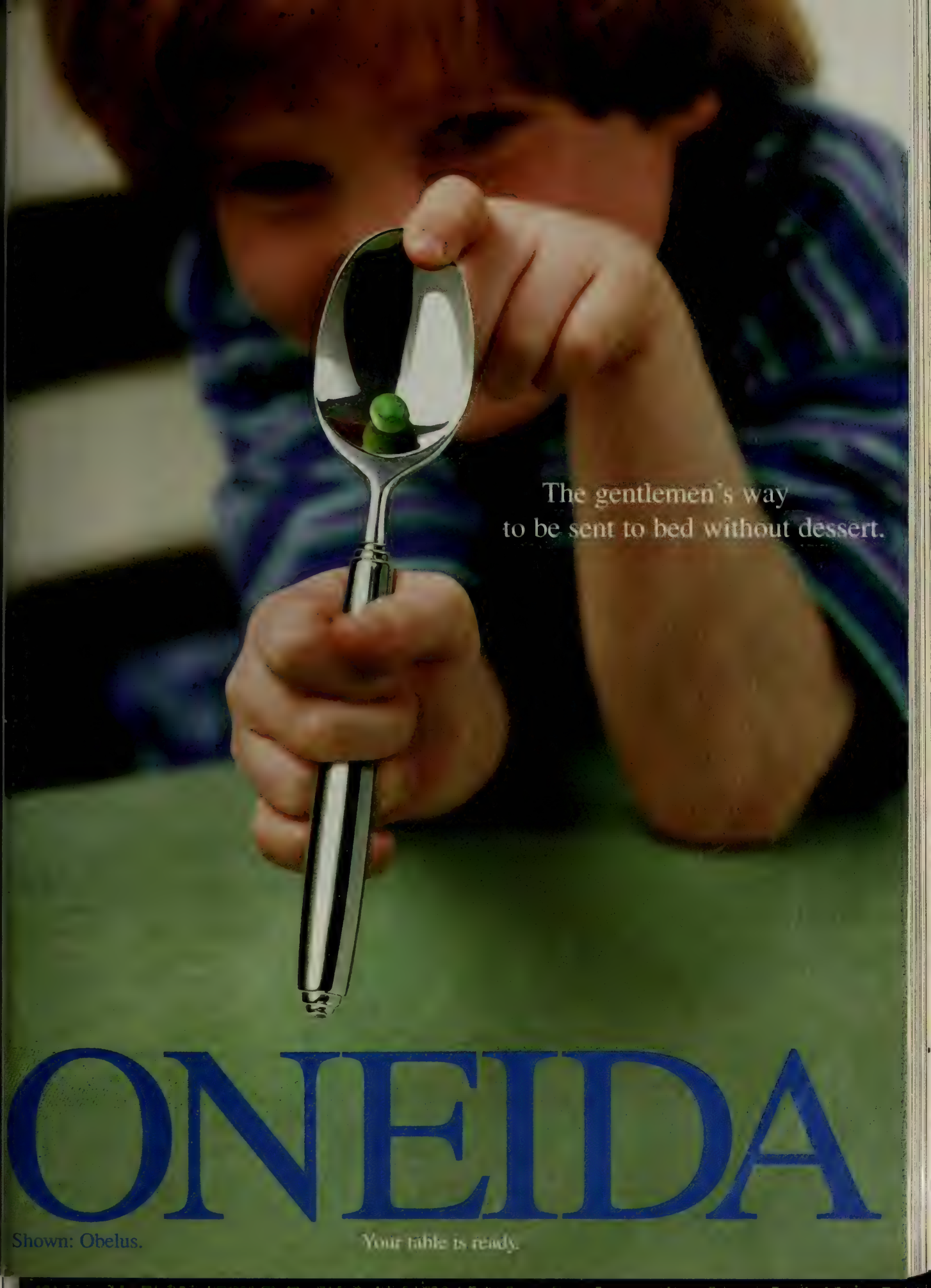
gilding the garden



Mellow yellow? Not likely. Not the way Vickie Braman uses its glow to light up her garden. She finds that yellow and gold flowers give a sunny border real oomph and make a shady garden shine. And she uses gilded foliage to illuminate even when flowers fail.

by Craig Summers Black

continued on page 120


The gentlemen's way
to be sent to bed without dessert.
ONEIDA
Shown: Obelus.
Your table is ready.

gilding the garden



Roses planted along the backyard deck (*left*) unfurl color all summer long. For other golden touches, Vickie planted fragrant Archer's Gold thyme, buttery nasturtiums, and bright yellow marigolds. Even the russet-colored daylilies have yellow centers.

Need some more splashes of gold? Plant lilies, such as Pollyana Yellow (*above*).



"What I want is not just spring bloom," says Vickie. "I want bloom and color all year-round, nonstop." So she thinks of foliage first when she chooses plants. "Golden foliage can give a sunny border energy and excitement," she says. "Pop a gold-leafed plant in a dark, shady corner, and you have instant illumination."

Vickie accomplishes something else by repeating the gold and yellow—as drifts of color—throughout her Aloha, Oregon, garden. She adds a feeling of rhythm to her landscape and ties it all together thematically. "You don't need to repeat the same plant," she says, "but do repeat the color." In her case, it's kind of like planting sunshine.

continued on page 122



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gilding the garden



In a shady, wet corner, Vickie came up with a border of green and—of course—gold foliage (*left*). A Japanese anemone mounds in front of a whiskey-barrel pond. The plant with the broad, light-gold leaves is a hosta called August Moon.

Yellow-flowered lysimachia and ligularia flank a willow settee beneath the wisteria arbor (*above*). The vivid, carmine-colored clematis on the fence is Ville de Lyon, a vigorous climber that blooms in sun or semishade.

continued on page 124

RIMADYL®

(carprofen)

Caplets

Non-steroidal anti-inflammatory drug

For oral use in dogs only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pain and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.

PRECAUTIONS: As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Effects may result from decreased prostaglandin production and inhibition of the enzyme cyclo-oxygenase which is responsible for the formation of prostaglandins from arachidonic acid. When NSAIDs inhibit prostaglandins that cause inflammation they may also inhibit those prostaglandins which maintain normal homeostatic function. These anti-prostaglandin effects may result in clinically significant disease in patients with underlying or pre-existing disease more often than in healthy patients. NSAID therapy could unmask occult disease which has previously been undiagnosed due to the absence of apparent clinical signs. Patients with underlying renal disease for example, may experience exacerbation or decompensation of their renal disease while on NSAID therapy.

Carprofen is an NSAID, and as with others in that class, side effects may occur with its use. The most frequently reported effects have been gastrointestinal signs. Events involving suspected renal, hematologic, neurologic, dermatologic, and hepatic effects have also been reported. Patients at greatest risk for renal toxicity are those that are dehydrated, on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored. Sensitivity to drug-associated adverse events varies with the individual patient. For example, Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in well-controlled safety studies of up to ten times the dose in dogs.

Since a significant number of patients receiving Rimadyl are older dogs, it is advisable to conduct a geriatric examination and to consider appropriate laboratory tests to establish hematological and serum biochemical baseline data prior to administration of any NSAID. Periodic monitoring may be appropriate in certain patients. **Owners should be advised to watch for signs of drug intolerance, such as inappetence, vomiting, diarrhea, melena, PU/PD, anemia, jaundice, lethargy, ataxia, seizure, or behavioral changes.** (See Adverse Reaction section.) Recognition of possible drug-related clinical signs accompanied by withdrawal of the drug, and supportive therapy if appropriate, has resulted in recovery of the vast majority of patients. The side effects of this drug class, in rare situations, may be serious and if corrective action is not taken may result in hospitalization and even fatal outcomes.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's disease), as safety has not been established in dogs with these disorders. The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determine the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies (n=297) which were similar for carprofen- and placebo-treated dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as control.

The following occasionally occurring adverse drug reactions have been reported in association with the clinical use of Rimadyl:

Gastrointestinal: *Vomiting, diarrhea, inappetence, melena, hematemesis, gastrointestinal ulceration.*

Behavioral: *Sedation, lethargy, hyperactivity, restlessness, aggressiveness.*

Hepatic: *Inappetence, vomiting, jaundice, acute hepatic toxicity, hepatic enzyme elevation, abnormal liver function test(s), hyperbilirubinemia, hyperbilirubinuria, hypoalbuminemia. Approximately one-third of hepatic reports were in Labrador Retrievers.*

Renal: *Hematuria, polyuria, polydipsia, urinary incontinence, urinary tract infection, azotaemia, acute renal failure, tubular abnormalities including acute tubular necrosis, renal tubular acidosis, glucosuria.*

Neurologic: *Ataxia, paresis, paralysis, seizures, vestibular signs.*

Hematologic: *Immune-mediated hemolytic anemia, immune-mediated thrombocytopenia, blood loss anemia.*

Dermatologic: *Pruritus, increased shedding, alopecia, pyotraumatic moist dermatitis (hot spots), necrotizing panniculitis/vasculitis, ventral ecchymosis.*

Immunologic or hypersensitivity: *Facial swelling, hives, erythema.*

To report suspected adverse reaction call 1-800-366-5288.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

To obtain technical assistance, call 1-800-366-5288.

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See brief summary on adjacent page for important information.

Pfizer Animal Health

Central to this bunny border (*left*) is the golden arborvitae, an evergreen. Daisies, too, have that touch of gold.

Golden creeping jennie (*below, left*) surrounds the variegated leaves of a *Petasites japonicus*. Cape fuchsia and Japanese iris provide backdrop.



The Midas Touch

Here are more of Vickie's favorite gold and yellow plants:

• Shrubs—golden Hinoki false cypress, an evergreen; Emerald Gaiety euonymus; Oregold rose, a lightly fragrant double hybrid tea; variegated aucuba; forsythia.

• Flowers—alstroemeria; foxtail lily; daffodil; coreopsis; Johnny jump-ups.

• Foliage—lady's mantle; Gold Standard and Frances Williams hostas; Pretoria canna lily ("It's not for the faint of heart!" Vickie says); Houttuynia cordata.

• Vines—Goldnet honeysuckle.

• Ornamental grasses—Carex stricta Bowles Golden and Hakonechloa macra Aureola.

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BRANCHES full of BLOSSOMS

by Craig Summers Black

A flowering tree is about as big a bouquet as you are going to find. Surround such ornamentals with flowering shrubs and lace them with perennials to form a layered landscape, as blooms cascade from 30 feet up right down to your toes. The wide-canopied Kwanzan cherry (*above*), which has big bubblegum blooms in spring, is as large as landscape trees get.

ORNAMENTAL PEAR

The Red Spire flowering pear tree grows into a narrow pyramid, blooming in early spring along with daffodils and tulips. Many homeowners are familiar with the shortcomings of the Bradford variety of ornamental pear, especially its tendency to drop huge limbs in wind and ice storms. The Red Spire has transcended the narrow crotch and weak limb problems, but retains the admirable traits that have made ornamental pears such a popular street tree. The Red Spire likes full sun to partial shade, and is drought-resistant when established. The lone drawback: As lovely as the blossoms are, the fragrance decidedly is not. Plant them far from paths, windows, and entries.



BRANCHES full of BLOSSOMS

Most flowering trees fall into a category known as "landscape trees." This term is a kind of shorthand for yard-friendly trees that do lots of things well. These ornamental trees top out at 30 feet or less, meaning you can fit a few of them in the yard, even if you are lucky enough to already have a mature shade tree. And the limbs of landscape trees won't grow into power lines, only to get buzz-sawed by the utility company. Many have other eye-catching features besides their blooms. The Kwanzan cherry, for example, has gorgeous, glossy red-brown bark and red or scarlet fall foliage. Some, like dogwoods, produce colorful fruit.





WEEPING CHERRY

Come spring, the Snow Fountains weeping cherry forms a cascade of white flowers down its 12- to 15-foot length. This sun lover is a narrow weeper, performing grandly on a much smaller footprint than other broader weeping cherries. Like many weeping cherries, this particular one (*left*) is topgrafted onto birchbark cherry stock and retains the birchbark's trademark gleaming mahogany trunk. This bonus is most readily appreciated in winter, when the Snow Fountains is denuded, surrounded by real snow. Grafted cherries tend to grow faster, but naturally weeping varieties such as this have a more graceful, arching shape when grown on their own stock.

KOUSA DOGWOOD

The Kousa is a hardy, disease-resistant version of the flowering dogwood tree. The 20-foot-tall chinensis variety (*below*) is freely flowered with layered foliage.

Elizabeth Lustgarten (*right*) is a weeping version with straight trunk and rounded crown. It grows to only 12 feet. Plant it by itself, arching over a wall or reflecting in a pond.





BRANCHES full of BLOSSOMS

CAROLINA SILVERBELL

Put a bench under a Carolina silverbell (*left* and *above*) or plant it on a rise so your guests will find themselves looking up into downturned blossoms. While this is generally a multi-stemmed tree, it can be pruned back to a single trunk when young, if you like. Its spring flowering is fleet, only 10 days, and it can be thirsty, especially in full sun, but it's so gorgeous you may want to plant a grove.







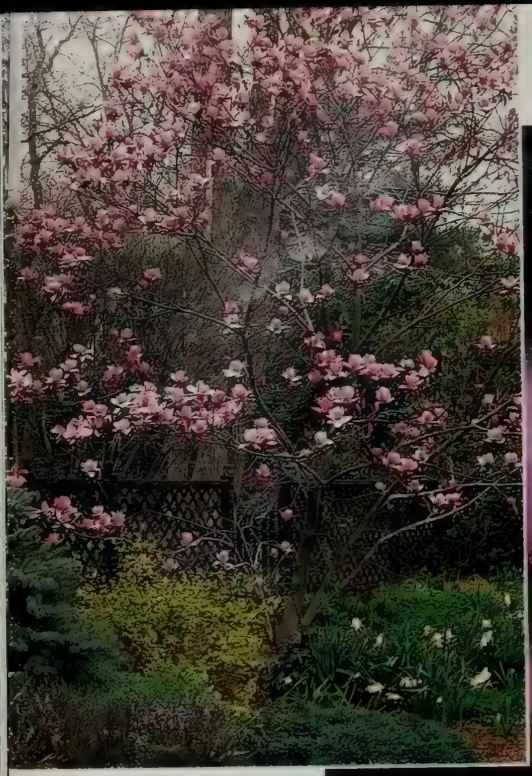


JAPANESE SNOWBELL

Here's another small flowering tree that looks best from below, where its fragrant blooms hang pendulously. The Japanese snowbell (*above* and *right*) can't quite take the cold the others can, but its elegant shape and dainty, nodding blossoms are difficult to surpass. Also, it blooms in early summer after most trees have finished. Another bonus: The trunk is gray with orange stripes.



BRANCHES full of BLOSSOMS



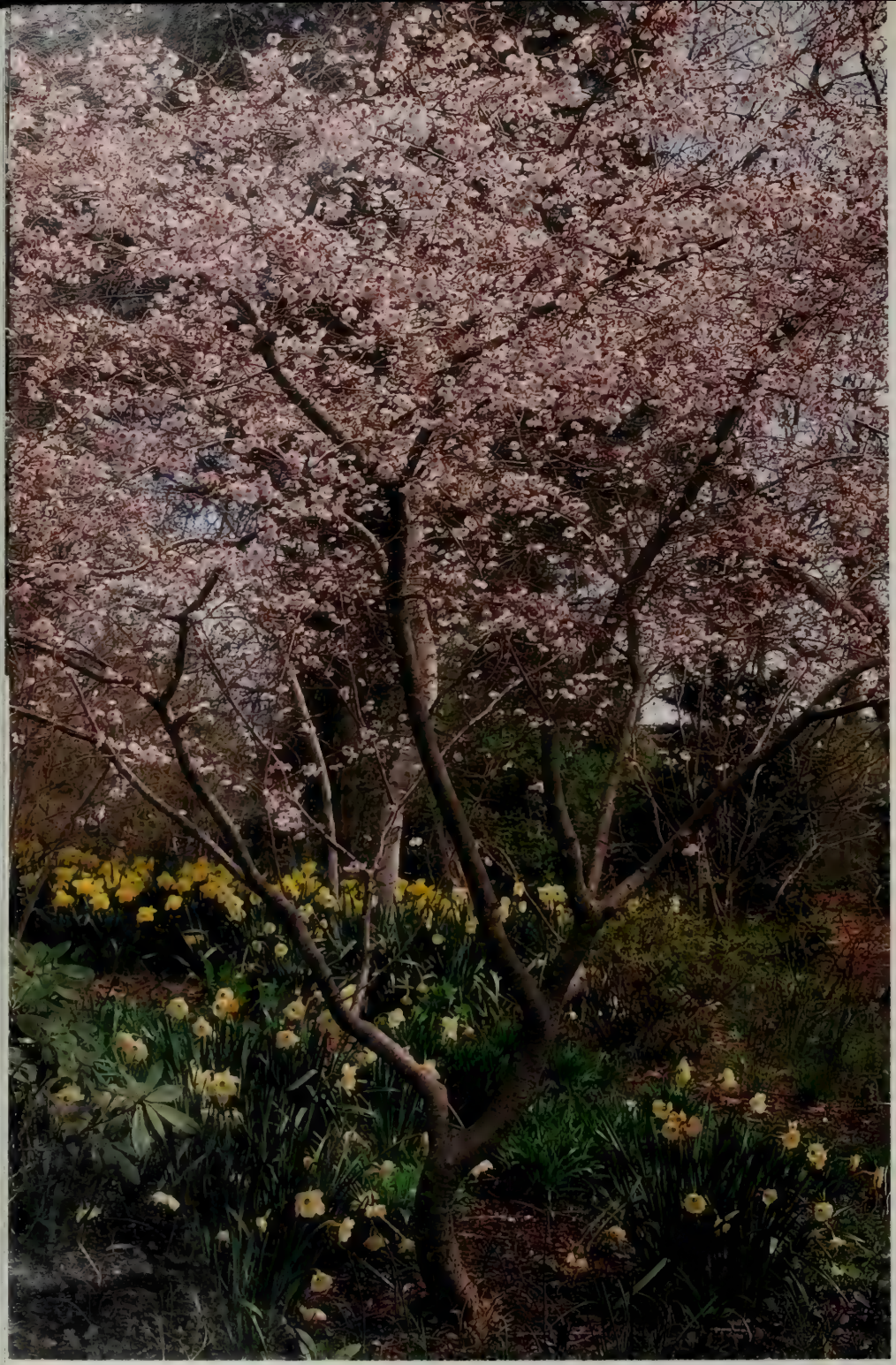
SAUCER MAGNOLIA

The Alexandrina saucer magnolia blooms in early spring even before its leaves arrive. Big 4- to 6-inch blossoms are purple-pink on the outside and white on the inside, looking for all the world like chalice-shaped Popsicles. Less hardy than star magnolias, they withstand cold only to about 15 degrees below zero. And since they bloom so early, the buds and blossoms can get zapped by late frosts in cold climates. The trick is to try to fool a saucer magnolia into blooming late by planting the tree in a cold spot. (Avoid a Southern exposure.) Bonuses: 6-inch-long, light-green leaves; smooth, gray bark; and furry, gray flower buds. Plant in sun to partial shade.

FRINGE TREE

Ahhh. That honeyed scent in late spring can be traced to the profusion of dainty drooping flower clusters of the American fringe tree. And when this tree blooms, it *blooms*. We're talking thousands of flowers per tree here, so many that the tree almost looks like a big fountain. The American fringe tree is widely adapted, thriving in full sun to light shade from New Jersey to Florida. (The similar, but smaller, Chinese fringe tree has a narrower tolerance and range.) Many fringe trees produce sprays of attractive dark blue berries. A word of caution: This tree is a real slow grower.





BRANCHES full of BLOSSOMS

PINK MIST CHERRY

The Pink Mist, or Hally Jolivette, is one of the first ornamental cherries to flower and also one of the last. It blooms early and long—double pinkish-white blossoms unfurling for almost a month. Like other cherries, Pink Mist likes full sun. Because you'll want to see it often, plant it in sight of a window. This twiggy, rounded tree might be considered shrub-sized for much of its life, but eventually it will grow 15 feet tall. One drawback: You may have trouble finding one of these, but it's certainly worth the effort.

Buying information, page 64

To order trees, see page 111

Landscaping with small flowering trees

Conni Cross, the Long Island landscaper who designed the gardens on these pages, has several tips for using these trees:

• Give them enough room to mature, and don't plant too close to the house. • Place in groups of three of a kind if you have the space. • Locate them in island beds with shrubs and bulbs and ground covers. "Don't scatter them like little bonsais throughout the lawn." And establish trees and shrubs at the same time, so growing root balls can learn to live with each other. • If you plant them alone in the lawn, mulch a lawn-free area around the tree to protect from weed whackers and lawn mowers.



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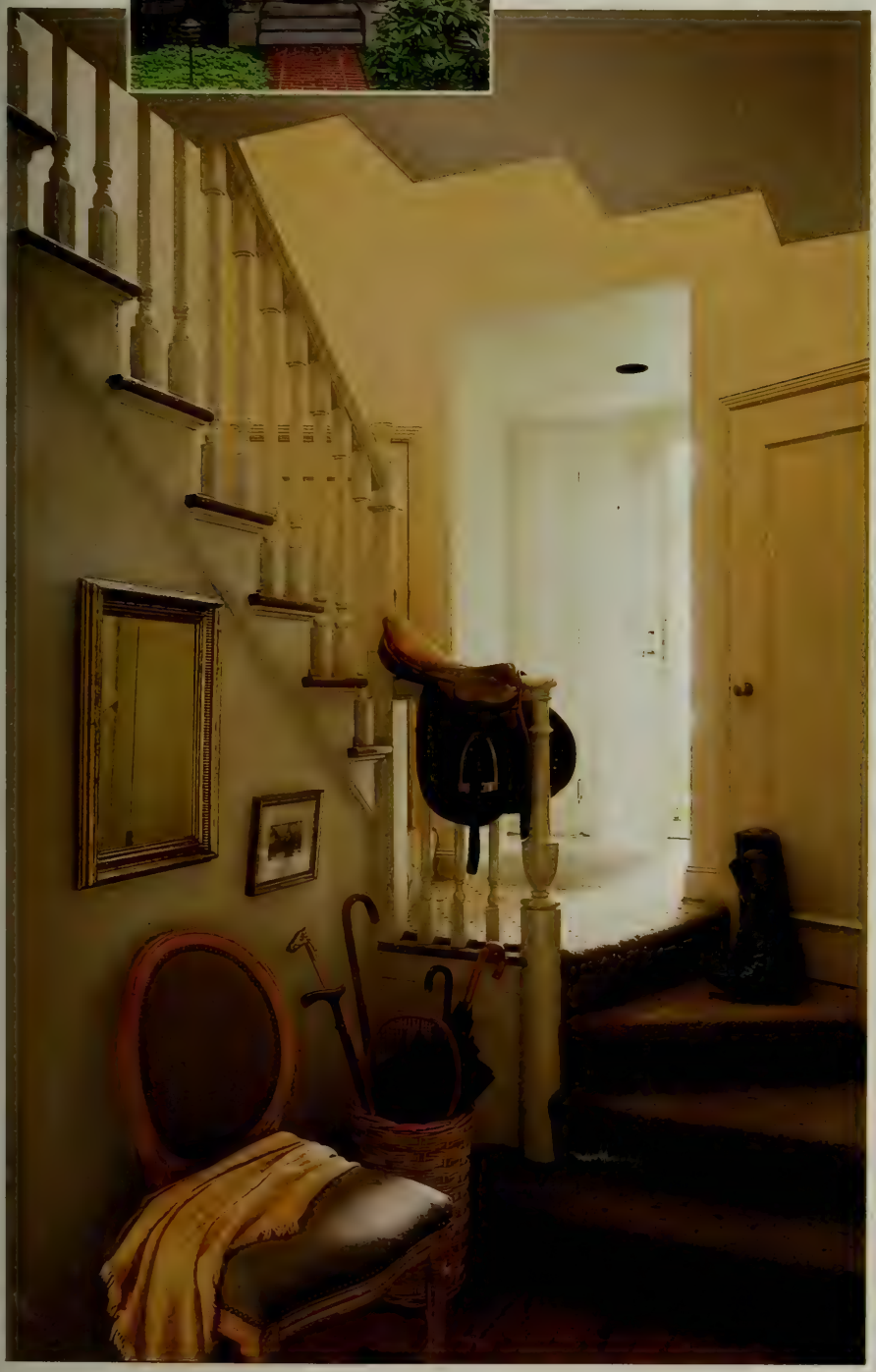
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the Look of Luxury
(for a lot less)

by Sharon Overton



Some people have boats or expensive cars; others travel. Lynda Turner has horses. Which leaves little room in the family budget for this champion rider's second passion: decorating. Her furniture allowance literally "went up in oats," she says. But rather than compromise her sense of style, Lynda has learned to improvise. With an eye for the classics and a photo stylist's knack for artful arranging, she haunts flea markets, junk sales, even sidewalks to find the simple yet elegant furnishings that fill her Seattle home.



Junking is sport for Lynda (*left*), who grabs an umbrella and dashes off on the hunt with husband John. The living room's Chippendale sofa was plucked (with permission) from a neighbor's carport and reupholstered. The antique walnut table was cut down to coffee-table height.

"I'm not above dragging abandoned furniture off the sidewalk if it's good enough," Lynda says.



"Next to my family," Lynda says, "the two



A pair of antique doors, salvaged from a bug-infested French armoire, add symmetry and architectural interest on either side of the fireplace. The English walnut armchair (*right*) was a lucky garage-sale find.

things I love most are horses and furniture."

Lynda gave up her interior design business in favor of competitive riding several years ago. Now she and her husband John, a professional outdoor photographer whose work often finds him dangling off mountainsides, live the kind of sporty life that draws people to the Pacific Northwest.

It's a lifestyle that demands comfort, practicality, and simplicity, characteristics that are abundant in the Turners' 60-year-old home, where riding boots and a saddle usually are plopped by the front door.

The furnishings, though fairly formal in style, have the same laid-back attitude. Since the pieces were chosen for their stand-alone good looks, they can work equally well in any part of the house. And because Lynda is a restless rearranger, they often do. What unifies the scheme and makes it work is a palette that relies on warm, earthy neutrals and rich spice tones; a conspicuous absence of pattern (except on pillows and rugs); and classic furniture with clean,



Primitive porch chairs are unexpected mates to a delicate side table (*above*). The table's distressed finish makes the pieces compatible.



The Turners converted a seldom-used formal dining room into a cozy den (*right*). Because the room gets little light, Lynda played up the "cocoon" effect by painting the walls a serene navy blue.



The Turners removed a wall separating this dining area from the kitchen to improve traffic flow and open up the space. Tiny strip lights mounted under the built-in bookshelves illuminate family photographs and collectibles.

the late afternoon and washes the kitchen in a warm glow."



Situated at the end of a tree-lined street, the house is like a green haven just 10 minutes from downtown. To make the most of the leafy view, the Turners bumped out the kitchen wall 6 feet and filled it with windows instead of cabinets (*below*). French doors replaced a skimpy window in the dining area (*far left*), which connects to a tree-house-like deck. In the summer, the Turners pull the pine refectory table onto the deck for meals with their son Michael, a sophomore in college. Even reproduction French chairs, which Lynda salvaged from a local restaurant and refinished, do outside duty. "The chairs were really beat up," Lynda recalls, "but the price was right."

continued on page 144

Lynda experimented with several shades of paint and glaze for the kitchen and dining room walls before finding the right combination (*above*) to match the brilliant Northwestern sunsets.

When he's not shooting photos, John (*right*, with Lynda) peruses cookbooks or cruises Seattle's abundant markets in search of inspiration for dinner. Relaxing in their airy kitchen "brings a nice calm to the end of the day," he says.



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The shady setting has one drawback: Many of the rooms don't get a lot of sunshine. After several false starts, Lynda discovered that painting the walls pale colors in an effort to manufacture light only exaggerated the problem. "They're not light-filled rooms, so painting them a light color made them look anemic," she says.

Instead, she switched to darker shades that give a comforting sense of enclosure. In the atticlike master bedroom (*above*), for instance, the grayed-down green makes the slanted ceiling and dormers seem even more cozy and enveloping. Such subtle color tricks are yet another way that Lynda adds elegance to her simple rooms without blowing the decorating budget. ⌂

How to get *the* Look

Just because you're decorating on a shoestring doesn't mean your home has to look cheap. Here are some more ideas from Lynda Turner on stretching your decorating dollar—with style.

- **Make furniture foraging a hobby.** Haunt secondhand stores and garage sales on a regular basis. Go early for the best deals. Or, find out when stores pick up goods and be there when they unload the truck. Don't be afraid to ask for a lower price.
- **Make it your profession.** By working in an antique shop, Lynda learned about fine furniture and fine-tuned her own sense of style. If you can't actually take a job, develop relationships with local dealers.
- **Stick to the classics.** Look for furniture with strong, simple lines. Even if the piece doesn't have a great pedigree, classic styles never look dated. If the wood or upholstery is worn, paint it or make slipcovers.
- **Decorate with books.** They're relatively inexpensive (especially if purchased secondhand), fill a lot of space, and give a room an instant air of sophistication.
- **Don't skimp on craftsmanship.** If you have a choice between buying expensive fabric or hiring a good seamstress, pay for the workmanship. A talented seamstress can make even plain muslin curtains look fabulous.

Buying information, page 64

Jell-O® just had a great idea. With strawberries on top.



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Sunshine *kitchens*

by Steven Mumford

The sun can lift our spirits and fill a room with life and light. But there's more to gaining sunny comfort than pumping daylight through massive walls of glass. When you script your next remodeling plan, consider your home's character first, then imagine how adding splashes of sunshine will make it stronger. Here's how three families improved their kitchens by introducing daylight.

BRIGHT DAY PANORAMA



For years, a cramped kitchen surrounded Ann and Bill Otterson with darkness—dark cabinets, brown tile countertops, and no daylight to speak of. Adding on would give the couple more elbowroom, but that was only part of the picture. They wanted a space that would sparkle with sunshine and allow them to see the garden.

A bank of multipaned casement windows did both without compromising the home's casual, Country French feel. Two by two, the windows stretch along the perimeter wall, then wrap around the corner to provide a panoramic view. Crank open the windows and you'll find no vertical mullions to spoil the sights.



PHOTOGRAPHS: ED GOHLICH. ARCHITECT: ROBERT MOSHER. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY

Too many white surfaces can make a kitchen feel stark, so Ann and Bill decided to band the counters and island with a decorative wooden edge (*above* and *left*). When the sun pours in, the wood tones warm to a honey color.



Adding rows of windows means sacrificing a few wall cabinets. Space above the windows allows for open display shelves, and pots and pans are hung from a rack above the cooktop to compensate for lost storage.



LET THE LIGHT SHINE DOWN

Scoop up sunshine and pour it into interior spaces using skylights. By adding them to the southern side of a vaulted ceiling, the light will shine in all day long. Here, a trio of 2½×4¼-foot skylights fill this once-dreary kitchen with daylight. Each has an electronically controlled shade that can be closed to dim the light and block excessive late-morning heat.



Extra-tall windows keep the eating area (*above*) filled with light, and narrow grilles in the windows and French door keep the view clear.

The stainless steel finish on the exhaust hood (*left*) serves double duty as a design element and as a reflector to bounce light into dark areas.

PHOTOGRAPHS: JOHN KANE. ARCHITECT: DAVID E. AUSTIN. REGIONAL CONTRIBUTOR: BONNIE MAHARAM

LOOKING AT THE BIG PICTURE



A single, porthole-size window over their kitchen sink left Dianne and Paul DiMattia feeling as if they were stuck down in a ship's galley every time they cooked together. So they replaced it with a big bay window and now share kitchen duty with the sun.

The new window (*above*) has three sections of glass: a 6-foot-long fixed panel lets light in, and two operable casements on either side open to let summer breezes wash through the space. Installing a bay window above the sink also created a handy shelf that can be used to hold decorations and plants or to ripen fruit and grow herbs.



PHOTOGRAPHS: TOM MCWILLIAM. REGIONAL CONTRIBUTOR: MICHELE MICHAEL



In the evenings, or when the sun is hidden behind clouds, eight recessed ceiling lights and a chandelier (*above*) brighten the kitchen. Dianne says it's "illuminating after living with a single fixture in the middle of the ceiling."

Sunlight brings out the natural beauty of this kitchen's surface materials, warming the wood floors and adding extra shine to the polished granite countertops and white ceramic tile backsplash.

Daylighting

TIPS YOU CAN USE

Consider these strategies for creating sunny spaces in your own home.



SKYLIGHTS

One of the only ways to get the sun to shine into a kitchen that's located in the middle of the house is to add skylights. Most of today's models, when installed properly, offer long-lasting weathertight seals and come in sizes and shapes that will complement most any house. Some are operable and can be opened and closed by an electric motor connected to a remote control or a rain sensor. Other skylights come with shades or special glazings that help block out unwanted heat from the sun.

TIP: Stay away from the bargain bin. Invest in name brands whose manufacturers have worked hard to make their designs watertight.

BAY WINDOWS

The charming touch of a bay window can do more than light a kitchen. Install one at counter level and use the ledge as a plant shelf or drop the sill to waist height and carve out space for a window seat banquette. If you lower the bottom of the window all the way to the floor you've got a bumped-out breakfast nook. To bring in maximum sunshine, you can top the window with a glass roof.

TIP: Installing regular windows is tricky; since bay windows are more complicated, leave the labor to professional window installers.

BANKS OF WINDOWS

You can fulfill your craving for daylight by opening up a wall and installing a bank of windows. This can be accomplished with a large glass panel or several conventional windows. If you also want access to the outdoors, incorporate a pair of French doors or a sliding patio door. Banks of windows are an excellent choice for addition projects too, especially when you're adding a kitchen, sunroom or breakfast nook.

TIP: Be sure the windows you choose match the interior and exterior character of your home.

Buying information, page 93

The biggest hassle of owning a Trex® deck.



[Willard Scott – *Trex* deck owner.]

Trex Easy Care Decking™ doesn't come with the hassles of a typical wood deck, like sealing and splinters. Why? *Trex Easy Care Decking* is a wood-polymer lumber. So it's beautiful like wood without the hassles of wood.

So go ahead and walk barefoot on a *Trex* deck. It doesn't splinter. And don't worry about warping, rotting, or insect damage either. To find out how you can enjoy a beautiful *Trex* easy-care deck, call 1-800-BUY-*TREX*.

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SEALING SPLINTERS HASSLES


"Honey... your turn to change the baby!"
The feet of a future ballerina.
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Nobody has rocked more babies (or parents) to sleep than we have.
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made-to-order

Master Suites

by William L. Nolan and Joseph Boehm

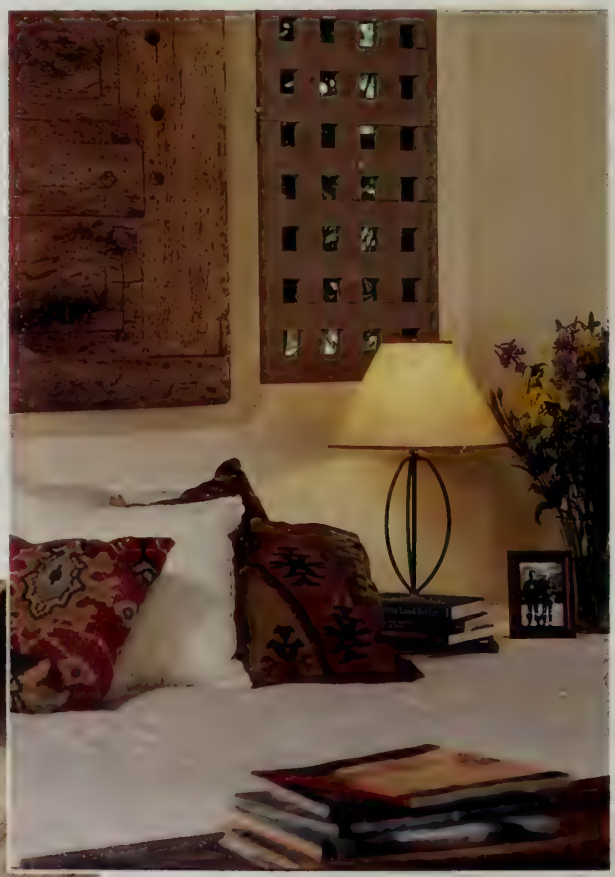
Everybody's formula for the suite life is a little different. For some, the key ingredients are privacy and seclusion. For others, it's a certain degree of pampering or an extra measure of roominess. Whatever defines your notion of the perfect at-home retreat, there's a way to turn those blue-sky yearnings into a workable plan—without sending your budget into the stratosphere. Tour this trio of master suites, each tailored to the specific needs of its owners while offering some savvy strategies for turning your own suite dreams into a real-life haven from the hubbub.



Will your master suite need to accommodate heirloom furnishings such as Grandma's grand old four-poster? Pick up a few design tips by visiting the new quarters that Dave and Christina Kepner added **(see *page 164*).**

West Meets East

A dash of Moorish intrigue lends spice and style to George and Ellen Casey's new master suite in Southern California. They didn't summon a genie to make it all happen; instead, they relied on simple, textural materials—including lumber salvaged from George's family homestead. The Caseys love Middle Eastern design motifs and made them a key component from day one. They also included genuinely Western ideas, such as his-and-her closets and bath areas, a sunny window seat, and a TV that pops up at the touch of a button (Aladdin would have loved it!).



A wooden grille (*right*) fits inside the window casing near the bed, aiding ventilation from outside while preserving privacy. Above the bed, an antique door hung as art lends texture and patina.



Ceiling panels cut from recycled redwood lumber provide a rustic foil for exposed joists and beams that support the roof (*above*).



The TV plays jack-in-the-box with an antique pine trunk at the foot of the bed (*left*) by rising at the touch of a button. With the TV lowered, the trunk's custom-cut lid offers a handy spot for bed trays, a stack of books or magazines, or an extra blanket.



PHOTOGRAPHS ED GOHLICH ARCHITECT JIM GALVIN, GALVIN-CRISTELLI REGIONAL CONTRIBUTOR ANDREA CAUGHEY





Time to kick up your feet and take it easy? A slanted "arm" on the window seat (*left*) offers handy support for your favorite pillows. Windows above the seat capture a jumbo-size view.

Sensual textures in the bedroom evoke the romance of *Arabian Nights*: gleaming planks on the floor, weathered timbers overhead, and billowing gauze at the windows.



An extra-high tub platform lets George and Ellen enjoy the view outdoors while they soak in the whirlpool bath.

West Meets East

The bedroom and bath share a jog in the exterior wall, which allows each room to have a view-scooping corner window. One window lines a sunny built-in seat for reading or lounging; the other provides George and Ellen with eye-level views of the Pacific on two sides of the tub alcove.

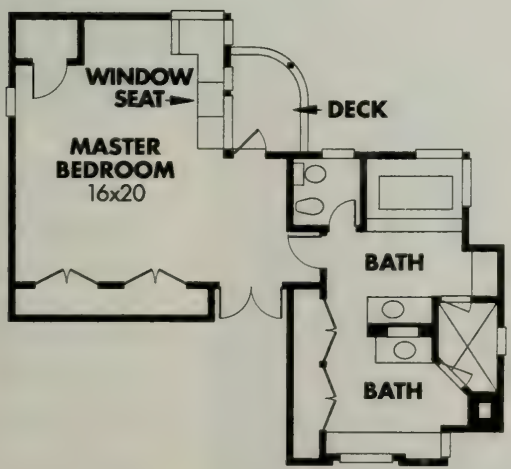
Strategic placement of partitions boosts rush-hour convenience in the bathroom (see plan *below*). Twin vanities stand back-to-back on a mirrored wall, dividing the room into two spaces, and doors open to the shower from both sides.



Green slate tiles and natural brass faucets on the vanity (*above*) add a touch of Eastern Mediterranean splendor. Smaller tiles form a decorative rim above the sink bowl.



A tall niche next to one of the shower doors (*above*) houses built-in drawers for linens and toiletries. Recessed panels on the drawer fronts match those on the mahogany vanity cabinets.



A built-in bench (*below*) spans the exterior wall in the office alcove, providing a comfy, secluded spot to take a break from the keyboard or to spend a lazy afternoon curled up with a good book.

Framed by oak-trimmed columns and ledges, Jerri's desk (*right*) is just a few steps from her bed. An extra-wide sliding window in the gable wall beyond keeps the work area bright all day.



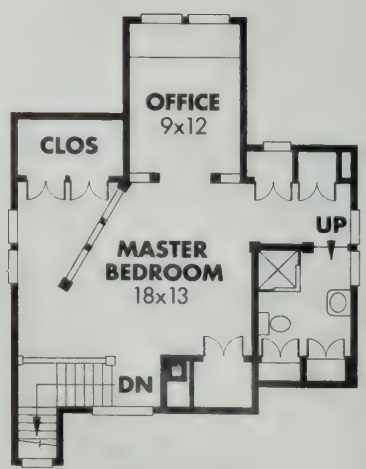


PHOTOGRAPHS: SUSAN GILMORE. ARCHITECTURAL DESIGNER: BRUCE PIERCE, CONCEPTS IN DESIGN

Room at the Top

When Jerri Scott began planning a master suite for her Craftsman bungalow in Des Moines, Iowa, after-hours work space and abundant storage figured high on her wish list. Limitations imposed by her narrow city lot might have scuttled the project, but Jerri refused to be thwarted by ordinary obstacles. With no room to add on, she added up instead, turning what had been a dingy, head-bumping attic into this airy top-of-the-house retreat.

Beefing up the roof framing with a load-bearing ridge beam enabled her builder to eliminate low-slung crossties and gain extra headroom. Minimal partitions and crisply sculptured drywall amplify the open feel. A colonnaded arch defines one side of the home office, and an angled divider wall—part headboard, part privacy screen—turns the bed into the suite's central focal point.



Light spilling in from all sides heightens the attic's clean, spare, spacious look (*above*). Light also shimmers through a vintage stained-glass window that Jerri's designer incorporated into the angled wall behind the bed.

Under-eave space earns its keep as wardrobe-style storage (*right*). Here, behind bifold doors, twin closets line the hall outside the master bath. Paneling on the bifolds matches that of existing doors on the main floor.



Home Stretch

Parental privacy took a backseat to more pressing needs when New Yorker David Kepner's childhood home on Long Island was built in the early 1900s. So when David and his wife, Christina, decided to make it their home, they included a well-buffered master suite in their remodeling plans. Having acquired numerous antiques and family heirlooms along the way, they hoped to make room for them in their new quarters without overtaxing their remodeling budget.

Incorporating an existing bedroom helped them achieve both objectives by providing a privacy buffer plus extra space for choice items in their collection. A vaulted ceiling supplies bonus stretch in the new master bedroom.

A broad bay in the master bedroom (*right*) supplies extra sunshine and ensures ample space for a comfy sitting area. Overhead, the vaulted ceiling forms an airy "canopy" for the ornate four-poster.

Part of the suite was once an existing bedroom (*below*); it now houses an exercise area and a laundry alcove. New doors, trim, and hardwood strip flooring echo the home's original millwork, and their factory finishes reduce upkeep to a minimum.



PHOTOGRAPHS: JUDITH WATTS. ARCHITECT: SEARS-SEARS ARCHITECTS. GENERAL CONTRACTOR: DAVID KEPNER





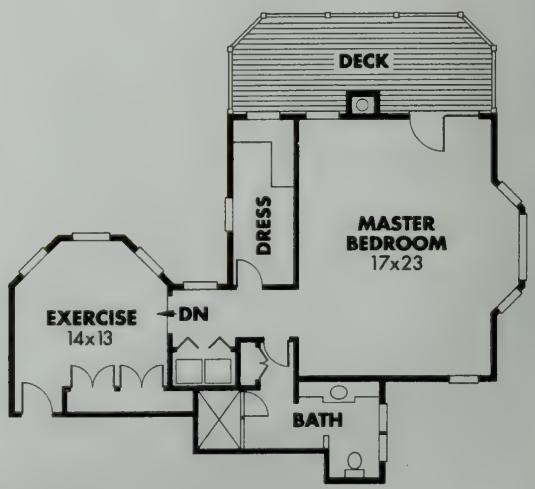
To make room for a bigger shower (*below*)—complete with wall-mounted sprays and lever controls at each end—the Kepners nixed a whirlpool tub. Double rows of stone-look tiles and ogee trim merge the shower stall with the rest of the bath.

The vanity hugs an inside wall (*right*), leaving room in the exterior walls for large double-hung windows. The solid-surface countertop jogs inward a few inches to accommodate the windows at one end and to ease traffic bottlenecks at the other.



The new space also includes ample storage (see plan, *below*) and extra room to maneuver in the master bath, both of which ease the crunch in the Kepners' daily routines. The shower, vanity, and toilet tuck into separate, widely spaced alcoves, leaving the middle free for traffic in and out.

Buying information, page 93



Windows: **Weather Shield Mfg. Inc.** Window trim: **Style-Mark Urethane Millwork.** Countertop and sink: **Gibraltar—Wilsonart International.** Vanity cabinet: **Wellborn Cabinet, Inc.** Faucets: **Moen, Inc.** Paint: **Benjamin Moore & Co.** Ceramic tile: **Pastorelli Tile.** Pleated shades: **Levolor Home Fashions.** Bed and 4-drawer chest: **Drexel Heritage Furnishings, Inc.**



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You couldn't predict who'd find the Easter eggs.

But you knew how the cake would turn out.



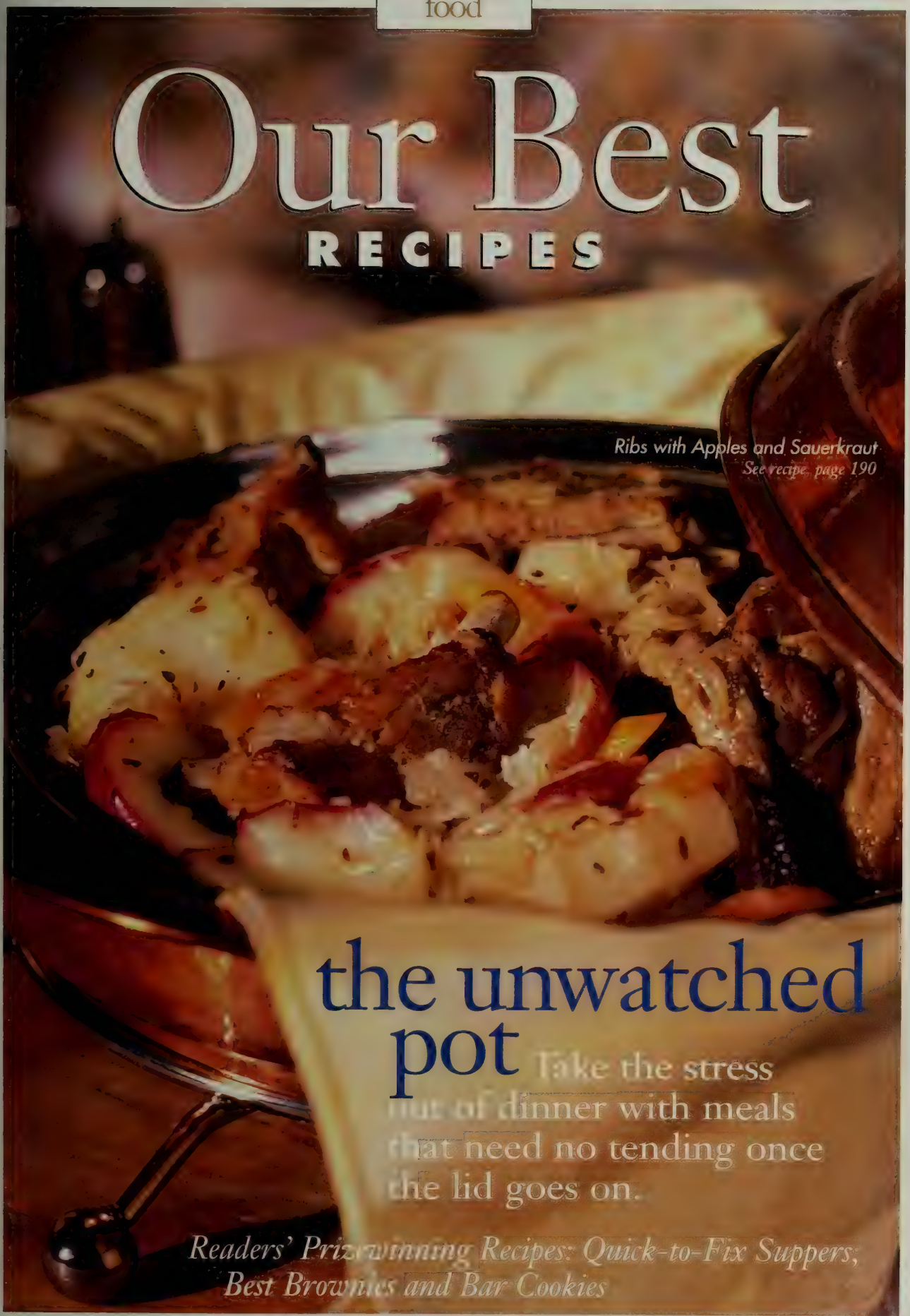


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Our Best RECIPES



Ribs with Apples and Sauerkraut
See recipe, page 190

the unwatched pot

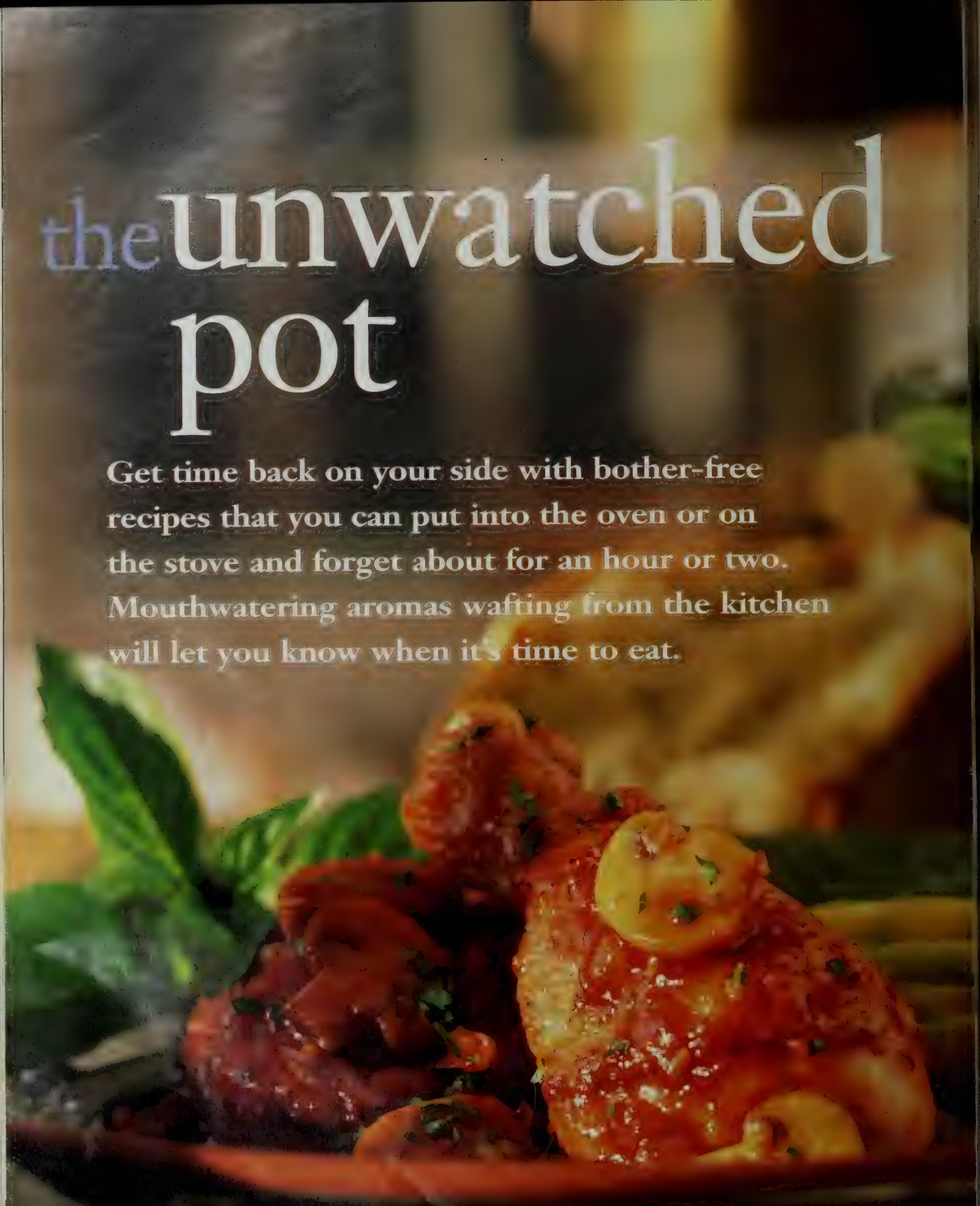
Take the stress out of dinner with meals that need no tending once the lid goes on.

Readers' Prizewinning Recipes: Quick-to-Fix Suppers, Best Brownies and Bar Cookies

PHOTOGRAPHS: JOHN KANE. FOOD STYLIST: DORA JONASSEN. PROP STYLIST: WENDY CARLSON

the unwatched pot

Get time back on your side with bother-free recipes that you can put into the oven or on the stove and forget about for an hour or two. Mouthwatering aromas wafting from the kitchen will let you know when it's time to eat.



by Richard Swearinger





Brunswick Stew

From the South comes a dinner worth every minute of its hour-long simmer. It's a classic combination of okra, corn, chicken, and herbs (*above*).

Braised Chicken with Mushrooms

Slow and steady wins this race for flavor when homey ingredients with a long history of compatibility are joined by basil, tomatoes, and a hint of red pepper (*left*).

Recipes begin on page 190





Country Swiss Steak

To make a favorite dish even better, we've added savory bratwurst sausage and canned tomatoes seasoned with garlic and spices (*top*).

Winter Vegetable Stew

The less you peek the better this stew tastes. Long cooking melds flavors of tomatoes, potatoes, beans, parsnips, and leeks (*above*).

Oxtail Ragoût

It's slow-simmered solace—a thick ragoût (rah-GOO) with fork-tender beef, onions, and rutabagas (*right*).

Recipes begin on page 193



the unwatched pot



the unwatched pot

Old English Chicken

From the British Isles comes this Celtic comfort food: chicken or rabbit is baked with herbs, shallots, and bacon—just right for a cozy winter evening at home.

Recipes begin on page 198

BREAKFAST MADE RIGHT



Vincent Ricciardi, Financial Analyst, Post Cereals Rye Brook, NY



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We think living healthy feels good at any age. And the pure, simple goodness of our Shredded Wheat helps make it easy to do. So everyone can enjoy a healthier lifestyle. One bowl at a time.







Post

BREAKFAST MADE RIGHT

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unwatched pot



Lemon-Tarragon Chicken

Using a clay cooker seals in the tang of the lemon and the warm aromatic notes of the tarragon (*top*).

Garden Pot Roast

We bend the unwatched rule just a little and transform a dinnertime favorite by adding some fresh vegetables a few minutes before serving (*right*).

Recipes begin on page 198

Great taste. No holiday required.

The holidays have ended. But your family's love of delicious food hasn't. So try the crispy crunch and mild onion flavor of *French's*® French Fried Onions in any of these wonderful everyday recipes. Just because it's not a holiday doesn't mean it can't taste special.





French's Crispy Onion Chicken

Prep time: 10 min. Cook time: 20 min.



- 1 1/3 cups *French's*® French Fried Onions
- 4 boneless, skinless chicken breasts
- 2 Tbsp. *French's*® Mustard

1. Lightly crush *French's*® French Fried Onions.
2. Spread mustard evenly on chicken. Coat with onions.
3. Bake 20 min. at 350°F or until chicken is done.

Makes 4 servings.

French's Easy Chicken & Vegetable Stir-Fry

Prep time: 5 min. Cook time: 10 min.

- 1 1/2 lbs. chicken strips
- 4 cups frozen vegetables, thawed
- 3/4 cup teriyaki stir-fry sauce
- 1 1/3 cups *French's*® French Fried Onions

1. In skillet, stir-fry chicken 5 min. in *1 Tbsp. hot oil.*
2. Add vegetables; stir-fry 3 min. Add sauce; cook and stir until hot.
3. Top with *French's*® French Fried Onions. Serve with rice, if desired.

Makes 6 servings.



With *French's,* Taste Comes Out On Top.™

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the unwatched pot



Steamed Chocolate Pudding

Cooked amid billows of steam, this cakelike dessert stays very moist allowing the scrumptious flavor of chocolate and almonds to stand out (*above*).

No-Fret Apple Pie

No worries about fancy crimping, soggy-bottomed crusts, or split-second timing; this pie is inverted after baking to reveal a rich combination of apples, raisins, and spices atop a cheddar cheese crust (*right*).

Recipes begin on page 202
Buying information, page 93

A first from the International Museum of Carousel Art.

THE MINIATURE CAROUSEL ROSE CLOCK



Shown actual size of approximately 5½" (13.97 cm) in height.

A museum-quality, Limited Edition timepiece celebrating the pioneer of carousel art.

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The Carousel Rose Clock. Priced at just $55, this masterpiece of carousel art is issued in a hand-numbered Limited Edition that will *close forever* after just 95 casting days. Available *exclusively* from The Franklin Mint.



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** Plus my state sales tax and a one-time charge of $3.95 for shipping and handling.*

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An Irish Blessing Plate



Individually numbered by hand with 24 karat gold.

Plate shown smaller than actual size of approximately 8¼" (20.96 cm) x 7½" (19.05 cm).

Award-winning nature artist Hilary Scoffield creates the first-ever shamrock-shaped heirloom collector plate.

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"An Irish Blessing," the first shamrock-shaped collector plate created by award-winning nature artist Hilary Scoffield. In the tradition of the most prized collectibles, this heirloom collector plate is crafted of fine porcelain and lavished with breathtaking color. It is hand-numbered and bordered in *24 karat gold.* And each imported plate bears the artist's signature mark on its reverse side.

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Nutrition in no time™...

by David Feder, Registered Dietitian

When push comes to crunch, nutrition tends to get sidelined. No more! Welcome to a new *Better Homes and Gardens®* magazine feature. Each month, "Nutrition In No Time" will bring you recipe ideas for healthful meals you and your family will enjoy, plus tips and techniques to put these ideas into action in 30 minutes or less.

Turkey sandwich, on the wing

For each sandwich:

Stir together...

1 Tbsp. plain fat-free yogurt
2 tsp. horseradish mustard

Spread onto...

2 slices toasted multigrain bread

Layer with...

Lettuce leaves
2 to 3 oz. sliced cooked fat-free turkey breast
2 slices tomato
1 thin slice of sweet yellow pepper
6 fresh snow pea pods

Here's the nutrition scoop: 229 calories, 19 g protein, 3 g fat, (1 g sat. fat), 21 mg cholesterol, 1029 mg sodium, 33 g carbohydrates, and 2 g fiber. Daily Values: 4% vit. A, 89% vit. C, 8% calcium, 23% iron.

continued on page 184

Joy Gives You A Sinkful Of Power In This One Little Spoon.



A mere spoonful of Ultra Joy® can handle a sinkful of dishes. It simply lasts longer. And you will use just half of the amount you needed with your old liquid to soak through the toughest grease. That's what we call a sinkful of power, and that's the real Joy.



The little SPOONFUL that does a SINKFUL



Jumping black bean salad...

To get a jump on warm spring days, don't cook—toss.

In this main-dish salad, red pepper and cumin add spice, while black beans bring protein to the mix. Serve with crusty bread on the side to create a cool meal that is ideal for a sunny day.

For 3 salads:

Stir together...

- 1 15-oz. can drained and rinsed black beans
- 2 tsp. chili oil or olive oil
- ½ tsp. ground cumin
- 2 Tbsp. lime juice

Toss with...

- 4 cups torn mixed greens
- Chopped tomatoes
- Shredded carrot
- Salt to taste
- Ground red pepper to taste

Here's the nutrition scoop: 139 calories, 10 g protein, 4 g fat, (0 g sat. fat), 0 mg cholesterol, 406 mg sodium, 23 g carbohydrates, and 8 g fiber. Daily Values: 5% vit. A, 21% vit. C, 3% calcium, and 15% iron in each salad.



GETTING THE JUMP ON MADE-FROM-FRESH MEALS

- Freshen up the old standbys, such as soups and sandwiches, with crisp raw vegetables. Top with snow pea pods or grate in fresh carrots or parsnips.
- Keep low-fat or fat-free dressings and flavored mustards on hand to use as spreads on sandwiches.

continued on page 186

Funny, it doesn't look like a salad.



GOOD SEASONS® doesn't just make salads fresh ... it also makes fresh ideas. Like this deliciously easy chicken recipe using GOOD SEASONS Roasted Garlic Salad Dressing Mix.

Garlicky Chicken Breasts

MIX 1 envelope GOOD SEASONS Roasted Garlic or Italian Salad Dressing Mix and 1/2 cup grated Parmesan cheese.

MOISTEN 4 boneless, skinless chicken halves (about 2 lbs.) in water; dip in dressing mixture. Place in shallow baking dish.

BAKE at 400°F for 20 to 25 minutes or until cooked through.

Idea for a great side dish: Stir 1 envelope GOOD SEASONS Roasted Garlic *or* Italian Salad Dressing Mix into 4 cups prepared mashed potatoes.

You make it fresh. You make it best.

Good Seasons

Shake, rattle, and pour...

Cold and sweet, quick and filling. When you're short on time, a yogurt-berry smoothie prepared in the blender can be your best friend. It's almost a meal in itself—perfect as an energy-boosting morning pick-me-up or as an emergency lunch toted in a sport bottle and enjoyed on the run.



For 3 or 4 smoothies:

In a blender container puree...

2 cups plain fat-free yogurt
2 ripe medium bananas
1 cup sliced fresh strawberries or unsweetened frozen strawberries
1 cup mixed fresh berries, such as raspberries, blueberries, and/or blackberries or unsweetened frozen mixed berries

Here's the nutrition scoop: 176 calories, 10 g protein, 1 g fat, (0 g sat. fat), 3 mg cholesterol, 89 mg sodium, 25 g carbohydrates, and 3 g fiber. Daily Values: 2% vit. A, 53% vit. C, 19% calcium, and 3% iron in each 12-oz. glass.

continued on page 188

A CHILLING IDEA FOR DESSERT

• Turn your smoothie into a luscious frozen dessert. Pour the blended smoothie into a glass bowl and cover. Freeze for 45 to 60 minutes, till mixture is thickened, but not frozen, stirring a couple of times in between. Grab a spoon and enjoy.

big taste

little waist



You've made a commitment to healthier eating. So what if the holidays undid it a little? Get back on track with *Ball Park Lite Meat & Beef Franks* (half the fat) and *100% Fat Free Meat, Beef & Smoked White Turkey Franks.* Each with that big, delicious, satisfying Ball Park taste...that won't go to waist.

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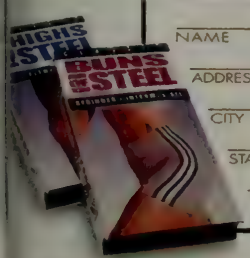
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Spray a nonstick wok or skillet with nonstick spray coating. Add and stir-fry for 3 to 4 minutes...

8 oz. skinless, boneless chicken breast, cut into thin strips
2 medium carrots, thinly bias-sliced
1½ cups small broccoli florets
2 cloves minced garlic

Add and stir-fry for 2 minutes more...

¼ cup bias-sliced green onion
3 Tbsp. chopped honey-roasted peanuts
1 Tbsp. grated gingerroot
1 Tbsp. reduced-sodium soy sauce
1 tsp. toasted sesame oil
¼ to ½ tsp. crushed red pepper

Stir in...

¼ cup bottled plum sauce
¼ cup water

Serve over hot cooked rice or rice noodles.

Here's the nutrition scoop:
523 calories, 14 g protein, 5 g fat, (1 g sat. fat), 30 mg cholesterol, 227 mg sodium, 104 g carbohydrates, and 3 g fiber. Daily Values: 93% vit. A, 57% vit. C, 5% calcium, 23% iron in each serving.



CHOPPING YOUR PREP TIME

- Pare precious minutes from your cooking time by using precut veggies from the salad bar or produce section of your supermarket. But, remember to wash the vegetables before using them.
- Assemble your ingredients first; then start cooking your rice or rice noodles. This will help you time your stir-fry so that it's ready to hit the table as soon as the rice or rice noodles are finished cooking.

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Unwatched Pot

continued from page 179



CLAY COOKER OFFER

A clay pot was used to prepare this month's Lemon-Tarragon Chicken and Winter Vegetable Stew recipes. Clay-pot cooking allows you to prepare fast, healthy, high-quality meals that cost less and taste great. The **Römertopf Clay Baker** from Reco International Corporation is made of a special porous clay and is unglazed inside and out allowing it to breathe during the cooking process. Food cooked in a clay pot requires no liquid unless specifically called for, resulting in a dish that retains natural juices and full flavor.

The unit goes from oven to table and can also be used in your microwave oven. We used the 2½-quart size (4–6 pound capacity) for our recipes; it's also available in a 1½-quart size (2–5 pound capacity) and a 4-quart size (up to 14-pound capacity). The 2½-quart size costs $43.95; the 1½-quart size costs $37.95; and the 4-quart size costs $58.95. All prices include shipping, handling, and applicable sales tax.

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Ribs with Apples and Sauerkraut

Quick browning in a skillet seals in natural juices, adding flavor and aroma to the pork country-style ribs. Prep: 30 minutes Cook: High for 4 to 5 hours or Low for 8 to 10 hours

- 2½ lb. pork country-style ribs, cut crosswise in half and cut into 1- to 2-rib portions
- 1 Tbsp. cooking oil
- 2 medium potatoes, sliced ½ inch thick
- 2 medium carrots, sliced ¼ inch thick
- 1 medium onion, thinly sliced
- 1 8-oz. can sauerkraut, rinsed and drained
- ½ cup apple cider or apple juice
- 2 tsp. caraway or fennel seed
- ⅛ tsp. ground cloves
- 1 Tbsp. all-purpose flour
- 2 Tbsp. cold water
- ½ of a large apple, cored and thinly sliced
- Salt (optional)
- Pepper (optional)
- 1 Tbsp. snipped fresh parsley

In a large skillet brown pork ribs on both sides in hot oil over medium-high heat. In a 3½- or 4-quart electric crockery cooker place potatoes, carrots, onion, browned pork ribs, and sauerkraut. In a bowl combine apple cider, caraway seed, and cloves. Pour over sauerkraut.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat and vegetables from cooker, reserving the drippings in the cooker. Place meat and vegetables on serving platter; keep warm. For gravy, strain juices into glass measuring cup. Skim off fat (see photo, *above right*). Measure 1 cup liquid (if necessary, add water); pour into a saucepan.

In a small bowl stir all-purpose flour into cold water till smooth (or shake together in a screw-top jar). Stir into the juices in saucepan. Cook and stir till thickened and bubbly. Stir in the apple. Cook and stir for 1 minute more or till heated through. If desired, season to taste with salt and pepper. Stir in parsley just before serving. Serve gravy with ribs and vegetables. Makes 4 servings.

Nutrition facts per serving: 431 cal., 20 g total fat (7 g sat. fat), 103 mg chol., 371 mg sodium, 32 g carbo., 4 g fiber, and 31 g pro. Daily Values: 86% vit. A, 38% vit. C, 4% calcium, and 22% iron.



To skim off fat from poultry or meat drippings, tip the container and use a metal spoon to remove the oily liquid (fat) that rises to the top.

Brunswick Stew

Traditionally served at barbecues, this savory adaptation of the time-honored classic is a wonderful way to introduce family members to the flavors of the South. Start to finish: 70 minutes

- 2 lb. meaty chicken pieces, skinned*
- 2 smoked pork hocks (12 to 16 oz. each)
- 3 medium onions, cut into thin wedges
- 1 14½-oz. can diced tomatoes
- ½ cup chicken broth
- 4 cloves garlic, minced
- 1 Tbsp. Worcestershire sauce
- 1 tsp. dry mustard
- 1 tsp. dried thyme, crushed
- ¼ tsp. pepper
- ¼ tsp. bottled hot pepper sauce
- 1 10-oz. pkg. frozen sliced okra (2 cups)
- 1 cup frozen baby lima beans
- 1 cup frozen whole kernel corn
- ¼ cup cold water
- 2 Tbsp. all-purpose flour
- Salt (optional)
- Pepper (optional)

In a large pot combine chicken pieces, pork hocks, onions, undrained tomatoes, chicken broth,

continued on page 192


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Unwatched Pot

continued from page 190

garlic, Worcestershire sauce, mustard, thyme, the ¼ teaspoon pepper, and hot pepper sauce. Bring to boiling; reduce heat. Cover and simmer for 35 to 45 minutes or until chicken is tender and no longer pink. Remove pork hocks (and chicken, if desired); cool slightly.

Cut meat from hocks; chop meat and set aside, discarding bone. (Cut chicken into bite-size pieces, if desired.) Add okra, lima beans, and corn to mixture in pot. Return to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes more or till vegetables are just tender.

In a small bowl stir cold water into all-purpose flour until smooth (or shake together in a screw-top jar). Stir into stew. Cook and stir till thickened and bubbly; cook and stir for 1 minute more. Stir in meat from pork hocks (and chicken, if cut up). If desired, season to taste with salt and pepper. Makes 4 or 5 servings.

*If desired, brown chicken pieces first in 2 tablespoons cooking oil in the pot; drain off fat. Continue with recipe.

Nutrition facts per serving: 454 cal., 10 g total fat (3 g sat. fat), 109 mg chol., 794 mg sodium, 44 g carbo., 5 g fiber, and 48 g pro. Daily Values: 12% vit. A, 65% vit. C, 10% calcium, and 36% iron.

Why is it called Brunswick Stew?

Originally a simple combination of squirrel meat and onions, this much-loved dish is claimed by three different areas of the South. The counties of Brunswick, Virginia, and Brunswick, North Carolina, and the city of Brunswick, Georgia, all take credit for its creation.

The earliest written record of the dish comes from Virginia in 1828 when a state legislator named Dr. Creed Haskins requested it for a political rally.

Over the years, more and more ingredients have been added and the squirrel meat has been omitted.

Braised Chicken with Mushrooms

Braising helps develop flavor and tenderizes meat by breaking down muscle fibers. The term means cooking food in a small amount of liquid in a tightly covered pot over low heat for an extended length of time.

Prep: 15 minutes Cook: 40 minutes

- 2½ to 3 lb. meaty chicken pieces
- 2 Tbsp. cooking oil
- 8 oz. mushrooms, sliced (3 cups)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tsp. dried basil, crushed
- 1 tsp. crushed red pepper
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup chicken broth
- ½ cup dry red wine
- 1 6-oz. can tomato paste
- 1 Tbsp. all-purpose flour
- 2 Tbsp. cold water
- ¼ cup snipped fresh parsley
- Fresh basil sprigs (optional)

In a 12-inch heavy skillet cook chicken in hot oil over medium-high heat until well-browned on both sides, about 15 minutes. Set chicken aside. Drain drippings, reserving 1 tablespoon drippings in skillet.

In the same skillet over medium heat, cook and stir mushrooms, onion, garlic, the 2 teaspoons basil, crushed red pepper, salt, and pepper until vegetables are tender but not brown. Stir in broth, red wine, and tomato paste. Return chicken to skillet. Bring to boiling; reduce heat. Cover and simmer for 30 to 40 minutes, or till chicken is tender and no longer pink. Transfer the chicken to a platter, reserving sauce in skillet. Keep warm.

In a small bowl stir all-purpose flour into cold water till smooth (or shake together in a screw-top jar). Stir into sauce. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Stir in parsley;

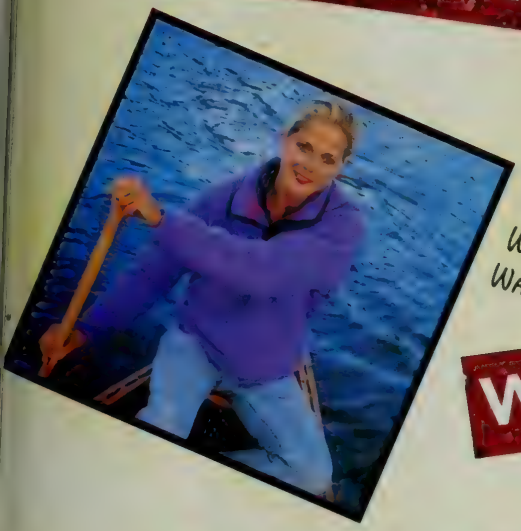


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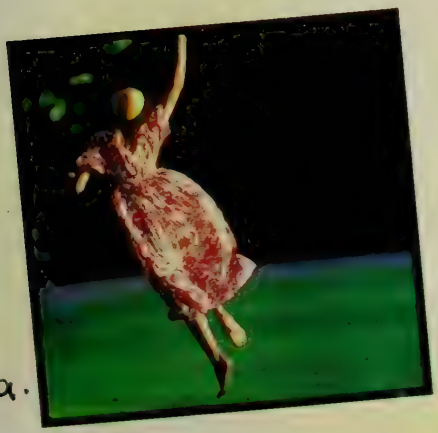


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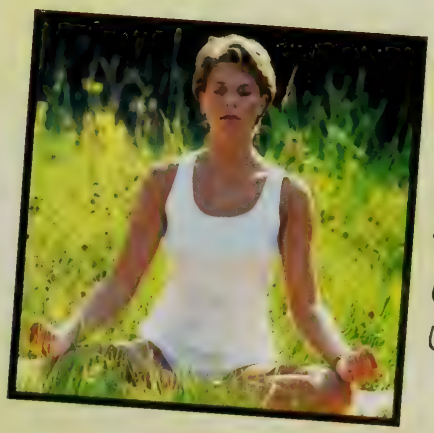
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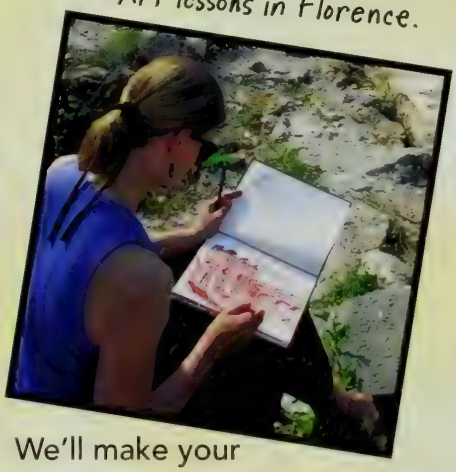
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Participating subscription only magazine publications: March 1998 issues of Health magazine, Better Homes and Gardens, and Ladies Home Journal.
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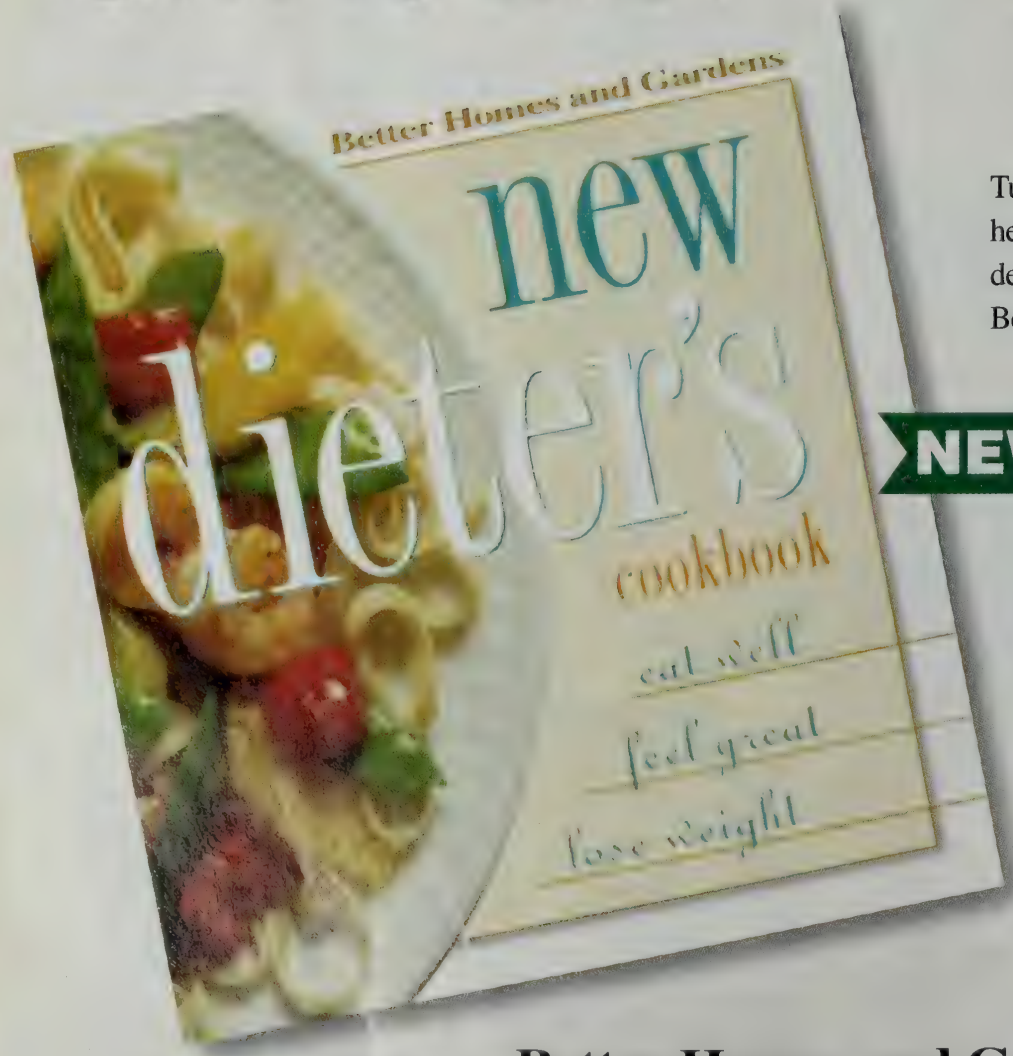
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Unwatched Pot

continued from page 194

Oxtail Ragoût

Oxtails give a special richness and flavor to this fortifying winter stew. This bony meat cut is available in the meat sections of most supermarkets and needs long, slow cooking.
Prep: 30 minutes Cook: 1½ hours

- 1 lb. oxtails, cut into 1½- to 2-inch pieces (optional)
- 1 lb. boneless beef short ribs (if omitting oxtails, use an additional ¼ lb. boneless beef short ribs)
- 2 Tbsp. cooking oil
- 2 14½-oz. cans beef broth (about 3½ cups)
- ½ cup dry red wine or beef broth
- ½ cup coarsely chopped shallots
- 4 cloves garlic, minced
- 2 bay leaves
- ½ tsp. salt
- ¼ to ½ tsp. coarsely ground black pepper
- 1 lb. carrots, peeled and cut into ¾-inch pieces
- 1 lb. rutabagas or turnips, peeled and cut into ¾-inch cubes (about 3 cups)
- 2 medium onions, peeled and coarsely chopped
- ⅔ cup cold water
- ⅓ cup all-purpose flour
- ⅓ cup snipped fresh parsley
- Salt (optional)
- Coarsely ground black pepper (optional)
- Hot cooked couscous (optional)
- Cooked and crumbled bacon (optional)
- Flat-leaf parsley (optional)

In a medium pot brown oxtails and ribs on all sides in hot oil. Drain off fat. To avoid spattering, carefully add the broth, wine, shallots, garlic, bay leaves, the ½ teaspoon salt, and the ¼ to ½ teaspoon pepper to meat in pot. Bring mixture to boiling; reduce heat. Cover and simmer 1 hour or till meat is nearly tender. Add carrots, rutabagas or turnips, and onions. Return to boiling; reduce heat. Cover and cook for 30 to 45 minutes more or till meat and vegetables are tender. Discard bay leaves. Remove meat; allow to cool slightly.

Meanwhile, in a small bowl stir the cold water into all-purpose flour until smooth (or shake together in a screw-top jar). Stir into pot. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more.

Cut meat into bite-size pieces, discarding any bones. Return meat to pot; heat through. Stir in snipped parsley. Season to taste with additional salt and coarsely ground pepper, if desired. Serve with hot cooked couscous, if desired, and sprinkle with crumbled bacon and flat-leaf parsley. Makes 5 or 6 servings.

Nutrition facts per serving: 441 cal., 27 g total fat (11 g sat. fat), 53 mg chol., 881 mg sodium, 28 g carbo., 6 g fiber, and 18 g pro. Daily Values: 227% vit. A, 48% vit. C, 8% calcium, and 24% iron.

Old English Chicken

This is an adaptation of an 18th century English recipe called Jugged Hare. In our version, a large pot or Dutch oven stands in for the fragile crockery jug used in the original.
Prep: 15 minutes Cook: 1 hour

- 1 tsp. whole juniper berries
- 1 large bay leaf
- 1 2½-lb. broiler-fryer chicken or rabbit, cut-up and skinned
- 2 slices bacon, coarsely chopped
- 2 medium carrots, peeled and coarsely chopped (about 1 cup)
- ¼ cup finely chopped shallots or onions
- ¼ cup coarsely chopped celery
- ½ cup chicken broth
- ¼ cup dry red wine or port
- ½ tsp. dried thyme, crushed
- ¼ tsp. dried rosemary, crushed
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 Tbsp. red currant jelly
- Salt (optional)
- Pepper (optional)
- Fresh rosemary leaves (optional)

In a small square of 100 percent cotton cheesecloth, tie together juniper berries and bay leaf. Set aside. Rinse chicken or rabbit; pat dry with paper towels.

In a large, heavy 4- to 5-quart ovenproof pot cook bacon over medium heat till crisp; stir occasionally. With a slotted spoon, transfer the bacon to paper towels to drain. In the same pot brown the chicken or rabbit (in 2 batches, if necessary) in the hot bacon drippings, turning once. Remove chicken or rabbit.

Reserve 1 tablespoon bacon drippings in the pot (if necessary, add cooking oil to make 1 tablespoon fat). Add the carrots, shallots, and celery. Cook for 5 minutes or till vegetables are tender but not brown. Add the chicken broth, wine, and the cheesecloth bag; bring to boiling over high heat, scraping up any brown bits clinging to the bottom and sides of the pan. Add the thyme, rosemary, salt, and pepper. Return chicken or rabbit and bacon to pot.

Bake, covered, in a 350° oven about 1 hour or till the chicken or rabbit is tender. Stir in the currant jelly. Season to taste with salt and pepper, if desired. Sprinkle with fresh rosemary leaves, if desired. Makes 4 servings.

Nutrition facts per serving: 290 cal., 9 g total fat (3 g sat. fat), 95 mg chol., 406 mg sodium, 16 g carbo., 2 g fiber, and 32 g pro. Daily Values: 99% vit. A, 6% vit. C, 3% calcium, and 15% iron.

Garden Pot Roast

In Romania, the national dish is called Ghiveciu National; it celebrates spring by pairing meat with an array of vegetables. We've modified it for American ingredients and methods and substituted beef for the traditional veal.
Prep: 30 minutes Cook: 2½ hours

- 1 3-lb. beef bottom round roast

continued on page 200



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Jelly Belly® Nest Cookies

- 1½ cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- ½ cup shortening
- ½ cup sugar
- 1 egg white
- 1 tsp. vanilla
- 2 Tbs. milk
- 2 cups shredded coconut
- 5 oz. Jelly Belly® jelly beans, assorted flavors

Heat oven to 375°. Stir together flour, baking powder, and salt; set aside. In a large mixer bowl beat shortening, sugar, egg white, and vanilla until light and fluffy. Add flour mixture and milk; beat until blended. Stir in coconut.

Shape dough into a ball; divide in half. Roll 15 one-inch balls from each half of dough. Place balls 1-inch apart on ungreased baking sheet. Make thumb print depression in center of each ball to form nest. Bake 6 minutes. Remove from oven and place 4 Jelly Belly beans in center of each cookie. Return to oven and bake 5 minutes more. Transfer cookies to wire rack to cool. Makes 30 cookies.

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Offer expires May 1, 1998.

Unwatched Pot

continued from page 198

- ½ to 1 tsp. cracked black pepper
- ¼ tsp. salt
- 1 Tbsp. cooking oil
- 1 cup beef broth
- 2 Tbsp. tomato paste
- 1 medium onion, coarsely chopped (½ cup)
- 2 cloves garlic, minced
- ½ tsp. dried marjoram, crushed
- ½ tsp. dried thyme, crushed
- ⅓ cup golden raisins
- 3 cups vegetables (such as whole green beans, or peeled and cut-up winter squash, parsnips, celery, broccoli, and/or cauliflower)
- 1 cup sugar snap peas
- 1 Tbsp. cornstarch
- 2 Tbsp. cold water

Trim fat from roast. Sprinkle with the cracked pepper and salt. In a large 4- to 6-quart pot brown roast on all sides in hot oil, about 5 minutes. Drain off fat. Combine broth and tomato paste; pour over roast. Add onion, garlic, marjoram, and thyme. Bring to a boil; reduce heat. Cover and simmer for 2 hours or till meat is tender.

Add raisins and (if using) green beans, squash, or parsnips. Return to boiling; reduce heat. Cover and simmer for 10 to 15 minutes more or till vegetables are just tender. Stir in sugar snap peas and (if using) celery, broccoli, or cauliflower. Cook 3 to 4 minutes more or till vegetables are crisp-tender. Using a meat fork and slotted spoon, remove meat and vegetables to a serving platter, reserving juices in pot. Cover meat and vegetables to keep warm.

For gravy, strain juices into a glass measuring cup. Skim off fat (see photo, *page 190*). Return 1¼ cups of the pan juices to pot. Discard remainder.

In a small bowl stir cornstarch into cold water till smooth (or shake together in a screw-top jar). Stir into the juices in saucepan. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Spoon some of the gravy over meat and vegetables; pass remainder. Makes 6 servings plus leftover meat.

Nutrition facts per serving: 303 cal., 10 g total fat (3 g sat. fat), 82 mg chol., 277 mg sodium, 23 g carbo., 4 g fiber, and 30 g pro. Daily Values: 20% vit. A, 30% vit. C, 5% calcium, and 29% iron.



Soaking a clay pot helps keep food moist. The best way to soak it is by nesting the two halves together in a sink.

Lemon-Tarragon Chicken

Whether you make it in a clay pot or in an ovenproof Dutch oven, this family-pleasing chicken-and-potatoes dish goes together quickly.
Prep: 20 minutes Cook: 50 minutes

- 1 tsp. dried tarragon, crushed
- 1 tsp. finely shredded lemon peel
- ¾ tsp. salt
- ½ tsp. paprika
- ⅛ tsp. ground red pepper
- 4 small potatoes, sliced ¼ inch thick (about 1 lb.)
- 1 large onion, cut into 8 wedges
- 2 lb. meaty chicken pieces, skinned, if desired
- 1 Tbsp. lemon juice
- Lemon peel curls and lemon wedges (optional)
- Snipped fresh tarragon (optional)

Do not preheat oven when using clay pot. Submerge the top and bottom portions of a 2- to 3-quart clay pot (unglazed) in a sink of cool water; allow to soak for ½ hour (see photo, *above*). In a small bowl combine

continued on page 202

Schilling meal ideas.



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Schilling

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Unwatched Pot

continued from page 200

tarragon, lemon peel, salt, paprika, and ground red pepper; set aside. Drain the clay pot. Place potatoes and onion in pot. Sprinkle with about half of the tarragon mixture. Place chicken pieces on top of potatoes and onion. Sprinkle with remaining tarragon mixture. Put top on clay pot; place in cold oven.

Set oven temperature to 425° and bake for 45 to 50 minutes or until potatoes are tender and chicken is no longer pink. Drizzle lemon juice over all. If desired, sprinkle with lemon peel curls and snipped fresh tarragon; serve with lemon wedges. Makes 4 servings.

Dutch-oven directions: Preheat oven to 375°. In a small bowl combine tarragon, lemon peel, salt, paprika, and ground red pepper. Place potatoes and onion in a large ovenproof pot. Sprinkle with about half of the tarragon mixture. Place chicken pieces on top of potatoes and onion. Sprinkle with remaining tarragon mixture.

Cover and bake for 45 to 50 minutes or till potatoes are tender and chicken is no longer pink. Drizzle lemon juice over all. If desired, sprinkle with lemon peel curls and snipped fresh tarragon; serve with lemon wedges. Makes 4 servings.

Nutrition facts per serving: 382 cal., 13 g total fat (4 g sat. fat), 104 mg chol., 500 mg sodium, 29 g carbo., 2 g fiber, and 37 g pro. Daily Values: 5% vit. A, 31% vit. C, 3% calcium, and 22% iron.

Steamed Chocolate Pudding

Steamed what? This pudding is much the same as a cake, except it's cooked over water on the stove making it extra moist and deliciously rich.
Prep: 30 minutes Cook: 1½ hours

- 1¾ cups all-purpose flour
- 2 tsp. baking powder
- 1⅓ cups milk
- 2 tsp. instant espresso powder or 4 tsp. instant coffee crystals
- ½ cup butter
- 1¼ cups sugar
- ½ tsp. almond extract
- 4 eggs
- 4 oz. unsweetened chocolate, melted and cooled
- ½ cup chopped almonds
- Powdered sugar
- 1 recipe Chocolate Sauce
- Orange wedges (optional)
- Fresh raspberries (optional)
- Edible sage blossoms (optional)

Grease and flour a 2½-quart heatproof glass mixing bowl or a 10-cup steamed pudding mold with cover.

In a small mixing bowl stir together all-purpose flour and baking powder; set aside. Combine milk and espresso powder or coffee crystals, stirring till dissolved; set aside.

In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and almond extract; beat till well combined. Add eggs, one at a time, beating on low speed after each addition just till combined. Stir in melted chocolate.

Add flour mixture and milk mixture alternately to butter mixture, beating on low speed after each addition just till combined. Stir in almonds. Pour batter into prepared bowl or mold. Cover with foil or put lid on mold; press foil tightly against edge of bowl.

Place bowl or mold on a rack in a deep kettle. Add boiling water to a depth of about 1 inch up sides of bowl or mold. Cover the kettle and bring water to boiling; reduce heat to simmering. Steam for 1½ to 1¾ hours or till a long wooden pick or skewer inserted in center of pudding comes out clean. Check water level about every 30 minutes, adding additional boiling water to the kettle, as necessary.

Remove the bowl or mold from kettle and remove foil or top. Cool pudding for 10 minutes; unmold onto serving platter. Let stand for 30 to 40 minutes on a wire rack to cool slightly. Sift powdered sugar over top of pudding. Serve warm with Chocolate Sauce and garnish with orange wedges, raspberries, and edible sage blossoms, if desired. Makes 12 servings.

Chocolate Sauce: In a heavy small saucepan over low heat, melt ¾ cup semisweet chocolate pieces and ¼ cup butter. Add ⅔ cup sugar. Gradually stir in one 5-ounce can (⅔ cup) evaporated milk. Bring mixture to boiling; reduce heat. Boil gently over low heat for 8 minutes, stirring frequently. Remove pan from heat. Cool slightly.

Make-ahead directions: Prepare and steam pudding as above. Cool for 10 minutes; unmold onto wire rack. Cool thoroughly. Wrap tightly; store in the refrigerator up to 2 weeks. To reheat, return pudding to the same bowl or mold. Cover and steam about 45 minutes or till warm. Unmold; allow pudding to stand till slightly cool for easier slicing.

Nutrition facts per serving: 331 cal., 18 g total fat (8 g sat. fat), 93 mg chol., 174 mg sodium, 41 g carbo., 2 g fiber, and 7 g pro. Daily Values: 12% vit. A, 0% vit. C, 10% calcium, and 13% iron.

No-Fret Apple Pie

Served upside down on its cheddar crust, this pie tastes best when topped with flavorful cinnamon-flecked whipped cream.
Prep: 40 minutes Cook: 1¼ hours

- 6 cups baking apples, peeled, cored, and sliced ½ inch thick (about 2½ lb.)
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- ½ tsp. ground cinnamon
- 2 Tbsp. quick-cooking tapioca
- ½ cup chopped walnuts
- ¼ cup raisins
- 1 cup all-purpose flour
- Dash salt
- ¼ cup shortening
- ⅔ cup shredded extra-sharp or sharp cheddar cheese
- 3 to 4 Tbsp. cold water
- 1 Tbsp. margarine or butter, cut

continued on page 206

Sunday dinner dilemma?



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Unwatched Pot

continued from page 202

into small pieces
1 Tbsp. milk
1 recipe Cinnamon Whipped Cream

In a large mixing bowl stir together apples, granulated sugar, brown sugar, cinnamon, and tapioca. Stir in walnuts and raisins. Let stand at room temperature 30 minutes.

In a medium mixing bowl stir together all-purpose flour and salt. Using a pastry blender cut in shortening till pieces are the size of small peas. Stir in cheddar cheese. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat, using 1 tablespoon water at a time, till all the dough is moistened. Form dough into ball.

On a lightly floured surface use your hands to slightly flatten dough. Roll dough from center to edges into a 10-inch circle.

Butter a 9x1½-inch round baking pan. Pour in apple mixture; dot with margarine or butter. Lay pastry crust over top. Press pastry crust to sides of pan. Brush with milk. Cut 3 parallel slits, 2 inches long into top of crust to allow steam to escape.

Bake in a 325° oven for 1 to 1¼ hours or till top is golden brown. Allow to stand 1 hour. Invert onto a 12-inch plate, loosening edges if necessary; cut into wedges. Serve warm with Cinnamon Whipped Cream. Makes 8 servings.

Cinnamon Whipped Cream: In a small chilled bowl combine 1 cup whipping cream, 2 tablespoons sugar, and ½ teaspoon ground cinnamon. Beat with chilled beaters of an electric mixer on medium speed till soft peaks form.

Nutrition facts per serving: 438 cal., 27 g total fat (11 g sat. fat), 50 mg chol., 104 mg sodium, 47 g carbo., 3 g fiber, 6 g pro. Daily Values: 18% vit. A, 9% vit. C, 9% calcium, 9% iron.

the clever cook™

Each month in this column you'll find tips from other good cooks. Find out at the end of this story how you can earn money for sharing your cooking secrets.

Math Class Meets in the Kitchen
Learning fractions can be fun when kids help with the cooking. Allow them to measure the liquid and dry ingredients and ask about the differences in amounts, such as one-half and one-fourth. When you make a pie or a cake, let them guess what fraction is being cut away and what is left. Kids learn that math can be fun as well as yummy.

D. Karen Cochran,
Dixie, Ga.

Mocha Magic
When the directions in a chocolate cake or brownie mix call for water, I blend a teaspoon or so of instant coffee into the water first. This lends a subtle but delicious mocha flavor to my baked treats!

Lenora Dernoga,
Laurel, Md.

Unstuck: Marshmallow Creme Secret
Marshmallow creme is used in many recipes for fruit salads and dips. To make it easier to work with, lightly coat a wooden spoon and your measuring cup with cooking oil. The marshmallow creme falls right off the spoon and out of the cup with no sticky mess.

Lynn Zowak,
Glendale, Colo.

Making the Most of a Chicken
I use whole chickens a lot when making meals for my family. It's very economical, and the meat goes a long way. When making soup or stew, after simmering the chicken for the correct time, I separate the breast portion from the rest of the meat. I slice the breast for sandwiches or salads. This is an economical alternative to lunch meat, which can cost $5 a pound or more.

Mary Roth,
Indianapolis, Ind.

Thickening Ice Cubes for Gravy
To prepare gravy with little mess, I make a flour or cornstarch and water paste and freeze in ice-cube trays (combine 2 parts water with 1 part flour or cornstarch). Store cubes in freezer bags. To make gravy, use 1 cornstarch/water cube or 2 flour/water cubes per ¾ to 1 cup broth. Cook and stir constantly till frozen cubes melt and dissolve and gravy thickens and bubbles.

Rosie Armstrong
Eustis, Fla.

Slow Cooked "Baked" Potatoes
No need to heat up the oven when baked potatoes are on the menu. I scrub and prick baking potatoes with a fork, wrap them in foil, and put them in an electric crockery cooker. Fill cooker about three-fourths full of potatoes and cook on high-heat setting about 3½ hours.

Betty Dye
Taylor, S.C.

BE A CLEVER COOK
The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine.

Exactly what kind of wine do you serve with canned food?



sing canned goods when making gourmet dishes seems to be as much a breach etiquette as using the inside fork for your salad. Not anymore. This delicious editerranean risotto is a perfect example. Not only is it convenient and healthy, is contemporary gourmet dish is sure to leave your dinner guests speechless. nd good thing. We wouldn't want them speaking with their mouths full.

What's in a can will surprise you.

Mediterranean Risotto

2 tablespoons olive oil
1 1/2 cups arborio rice
2 cloves garlic, minced or pressed
2 cans (14 1/2 ounces each) non-fat chicken broth, plus enough water to make 5 1/4 cups
1/4 cup dry white wine
1/3 cup dried tomato halves, snipped into strips
1 can (13 3/4 ounces) quartered artichoke hearts, drained
1 can (2 1/4 ounces) sliced ripe olives, drained
1 1/2 tablespoons fresh thyme leaves, chopped, or 1 1/2 teaspoons dried thyme leaves
1/4 cup grated Parmesan cheese
Salt and cracked black pepper to taste

Heat oil in 3-quart saucepan over medium heat. Add rice: stir about 2 minutes until completely coated and slightly translucent. Mix in garlic: cook 1 minute. Meanwhile, bring broth and water to simmering in another saucepan: continue to simmer gently. Add wine to rice: stir until wine is absorbed. Add tomatoes and a ladleful of broth mixture to rice: reduce heat to medium-low and stir until liquid is almost completely absorbed. Repeat process until rice is creamy, but firm to the bite. This should take 15 to 20 minutes. (You might have a little broth remaining.) Mix in the artichoke hearts, olives, thyme and cheese. Season with salt and pepper. Serve in shallow bowls. Add additional grated Parmesan cheese, if desired. Serves 4.

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Breakfast Bonanza

Banish breakfast boredom with new ideas for the meal you shouldn't miss.

Replenish your stash of breakfast ideas with a new twist on those morning favorites: granola, muffins, and eggs. All can be made ahead for ease. The Orange Breakfast Granola is a delicious way to fuel up for the weekday rush, while the muffins and strata are dependably delicious when you're seeking something special for a leisurely weekend morning.

Orange Breakfast Granola

"House" granolas are all the rage in small breakfast spots, and this one is destined to become a favorite at your house. To take it beyond breakfast time, try sprinkling a couple of spoonfuls over ice cream or frozen yogurt for dessert.
Prep: 20 minutes Cook: 20 minutes

- 3 cups regular rolled oats
- ½ cup toasted wheat germ
- ½ cup coarsely chopped hazelnuts (filberts) or sliced almonds
- ⅓ cup honey
- ½ tsp. finely shredded orange peel
- ⅓ cup orange juice
- ½ tsp. ground cinnamon
- Nonstick spray coating
- 1 cup flaked or shredded coconut
- Any combination of fresh fruit, such as blueberries, sliced nectarines, blackberries, sliced strawberries, raspberries, and/or sliced, peeled peaches (optional)
- Plain or vanilla low-fat yogurt (optional)

In a large mixing bowl stir together the oats, wheat germ, and hazelnuts or almonds. In small saucepan stir together the honey, orange peel and juice, and cinnamon. Heat just till boiling; remove from heat. Add honey mixture to oat mixture, tossing gently till coated.

Spray a 15x10x1-inch baking pan with nonstick coating. Spread oat mixture evenly in pan. Bake in a 325° oven for 15 minutes. Add coconut to oat mixture and stir. Bake for 15 to 20 minutes more or till lightly browned, stirring once. Remove from oven and immediately turn out onto a large piece of foil; cool. Store in an airtight container at room temperature for up to 2 weeks or in the freezer for up to 3 months. Thaw before serving.

To serve, spoon granola into a bowl. If desired, top with fruit and yogurt or serve with milk. Makes about 5 cups (ten ½-cup servings).

Nutrition facts per serving: 224 cal., 8 g total fat (3 g sat. fat), 0 mg chol., 3 mg sodium, 33 g carbo., 1 g fiber, 7 g pro. Daily Values: 0% vit. A, 7% vit. C, 2% calcium, and 13% iron.

Miniature Wheat and Nut Muffins

Try these with the Mushroom and Cheese Strata on page 210. *After cooking the strata, increase oven to 400° before baking these treats.*
Prep: 25 minutes Cook: 10 minutes

- ⅔ cup all-purpose flour
- ¼ cup whole wheat flour
- ¼ cup chopped almonds or pecans, toasted
- 1 tsp. baking powder
- ⅛ tsp. baking soda
- ⅛ tsp. salt
- ⅛ tsp. ground nutmeg
- 1 beaten egg

continued on page 210





T-BONE TO A T

Simply marinate a 2lb. steak with 1/2 cup Lea & Perrins® Worcestershire Sauce and 1 med. onion (chopped or in rings) for 30 minutes. Grill 5 inches from heat, 5 minutes each side. Baste with extra marinade.



Tangy, robust Lea & Perrins® Worcestershire Sauce tenderizes meat in a splash. Whether used solo or in concert with other ingredients, it makes the marinade that makes the dish... which makes it the number one worcestershire sauce.

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this is what Hormel® Pepperoni does for Soup.



Pepperoni Minestrone

Wake up this easy-to-make soup favorite with HORMEL® pepperoni.

- 7 cups beef broth (may substitute water and beef bouillon)
- 2 cups coarsely chopped cabbage
- 1 (14 1/2 oz.) can Italian-style stewed tomatoes
- 1 each medium onion and carrot, sliced
- 1 tablespoon dried Italian seasoning
- 1 (9 oz.) pkg. frozen Italian green beans
- 1 lg. zucchini, halved lengthwise and sliced
- 1/2 cup dry bow-tie pasta or elbow macaroni
- 1 (3 1/2 oz.) package HORMEL® pepperoni slices, quartered
- 1 (15-16 oz.) can garbanzo or red kidney beans, drained
- Garlic salt and pepper to taste
- Grated Parmesan cheese

In Dutch oven or large soup pot, combine first six ingredients. Bring to boil. Reduce heat to low and simmer, partially covered, 20 minutes. Add green beans, zucchini and pasta. Simmer uncovered 15 minutes longer, stirring occasionally until vegetables and pasta are tender. Stir in pepperoni and beans. Heat through. Season with salt and pepper. Serve with cheese and PREMIUM® Saltine Crackers. 6-8 servings.



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Nutrition Information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2% reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutritional value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

Win Money

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month (see *below*). Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize:

General Electric Profile Appliances

(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:

Two $400 winners, Two $200 winners, Ten $50 honor rolls

October 1998 Categories

Tailgate Favorites: Are you ready for some football fare? The game plan is simple. Send us one outstanding appetizer, main dish, side dish, or dessert recipe that scores a touchdown with your fellow tailgaters. How about a make-ahead or easy-to-tote favorite?

Slow-Cooker Specialties: Whether it's a hearty soup, a zippy appetizer, a meat-and-potatoes combo, a homespun dessert, or a warm-'em-up beverage, we're looking for a distinctive delight from your slow cooker to cozy up those chilly fall days.

This Month's Winners—Pages 217 and 218

$400 Winners: Merry Beth Policastro, Washington, D.C.; Marta Chavatel, Timonium, Md.

$200 Winners: Julie Wesson, Hainesville, Ill.; June Gale Rhodes, Tallahassee, Fla.

$50 Honor Roll Winners: Teresa Blewett, Temecula, Calif.; Gaylynn Collins, Colville, Wash.; Marjorie Cooke, Bossier City, La.; Kathy Davis, West Caldwell, N.J.; YenYen Franklin, Washington, Ill.; Eleanor J. Froehlich, Rochester, Mich.; Gayle Johnson, Pleasanton, Calif.; Carolyn Lanier, Lubbock, Texas; M. Coppinger Peters, Dunellen, N.J.; Wanda Stephens, Cache, Okla.; Shelly Platten, Amherst, Wis. (February)

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Tailgate Favorites" or "Slow-Cooker Specialties." Specify brands and recipe origin. 3. Address recipes to 9810 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by March 25, 1998, and received by March 31, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about November 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.





"Don't spare the mushrooms."



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PRIZE TESTED RECIPES®

see page 215 for details

$400 WINNER

Merry Beth Policastro, Washington, D.C., in the Quick-to-Fix Suppers Category. March 1998



North African Chicken Couscous

Quick-cooking couscous adds the finishing touch to this spiced-up stir-fry specialty.

- 2 medium onions, cut into thin wedges
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 lb. boneless, skinless chicken breast halves, cut into bite-sized pieces
- 16 packaged, peeled baby carrots (about ¾ cup)
- 2 medium zucchini, quartered and cut into 2-inch pieces
- ½ cup raisins
- ½ cup chicken broth
- 2 to 3 tsp. curry powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 2 cups chicken broth
- ½ tsp. ground cinnamon
- 1⅓ cups quick-cooking couscous
- ¼ cup toasted slivered almonds (optional)

In a large saucepan cook onions and garlic in hot olive oil till crisp-tender, about 3 minutes. Add chicken pieces and carrots. Cook, uncovered, over medium heat for 5 minutes, stirring frequently. Stir in zucchini, raisins, the ½ cup chicken broth, curry powder, salt, and the first ½ teaspoon cinnamon. Cook, covered, over medium heat until chicken is no longer pink and vegetables are crisp-tender, about 3 to 4 minutes. Meanwhile, in a medium saucepan bring the 2 cups chicken broth and the remaining cinnamon to boiling. Stir in couscous; cover. Remove from heat; let stand 5 minutes. Fluff couscous lightly with fork before serving. To serve, divide couscous among 4 plates. Spoon chicken and vegetables over couscous. Garnish with toasted slivered almonds, if desired. Makes 4 servings.

Nutrition facts per serving: 500 cal., 8 g total fat (2 g sat. fat), 60 mg chol., 833 mg sodium, 72 g carbo., 13 g fiber, and 34 g pro. Daily Values: 62% vit. A, 10% vit. C, 6% calcium, and 20% iron.

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$400 WINNER

Marta Chavatel, Timonium, Md., in the Best Brownies and Bar Cookies Category. March 1998



Oatmeal-Cheesecake-Cranberry Bars

Cranberry sauce adds a winning tartness to these special cheesecake-flavored goodies.

- 2 cups all-purpose flour
- 1¼ cups quick-cooking oatmeal
- ¾ cup packed brown sugar
- 1 cup butter, softened
- 12 oz. cream cheese, softened
- ½ cup granulated sugar
- 2 eggs
- 2 tsp. lemon juice
- 1 tsp. vanilla
- 1 16-oz. can whole cranberry sauce
- 2 tsp. cornstarch

In a large mixing bowl stir together flour, oatmeal, and brown sugar. Using a pastry blender or two knives, cut in butter till mixture resembles coarse crumbs. Reserve 1½ cups of the crumbs. Press remaining crumbs into a greased 13x9x2-inch baking pan. Bake in a 350° oven for 15 minutes.

Meanwhile, in the same bowl beat cream cheese and granulated sugar with an electric mixer on medium speed till light and fluffy. Beat in eggs, lemon juice, and vanilla. Spread over crust in baking pan. Stir together cranberry sauce and cornstarch; spoon carefully over cream cheese layer. Sprinkle with reserved crumbs. Bake 40 minutes more or till set. Cool on a wire rack. Cover and chill at least 3 hours. Cut into bars. Makes 36 bars.

Nutrition facts per bar: 161 cal., 9 g total fat (5 g sat. fat), 36 mg chol., 88 mg sodium, 19 g carbo., 1 g fiber, and 2 g pro. Daily Values: 9% vit. A, 1% vit. C, 1% calcium, and 4% iron.

Photographs: Scott Little

Buying information, page 93

PRIZE TESTED

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$200 WINNER

Julie Wesson, Hainesville, Ill., in the Best Brownies and Bar Cookies Category. March 1998



Malted Mocha Bars

Chocolate malted milk powder is the secret ingredient in these rich, brownielike bars.

- ⅔ cup butter, softened
- ⅔ cup packed brown sugar
- 1¼ cups all-purpose flour
- Nonstick spray coating
- 3 eggs, beaten
- ⅓ cup granulated sugar
- 4 tsp. vanilla
- 1½ cups flaked coconut
- ¾ cup chocolate malted milk powder
- ¼ cup all-purpose flour
- 2 tsp. instant espresso powder or instant coffee crystals
- ¼ tsp. baking powder
- ¼ tsp. salt
- 1½ cups sifted powdered sugar
- 3 Tbsp. chocolate malted milk powder
- 1 Tbsp. boiling water

In a mixing bowl stir together butter or margarine, brown sugar, and the 1¼ cups flour till smooth. If necessary, gently knead to blend. Spray a 13x9x2-inch baking pan with nonstick spray coating; pat flour mixture into the bottom of pan. Bake in a 350° oven for 15 minutes or till just set.

Meanwhile, beat together eggs, granulated sugar, and 2 teaspoons of the vanilla. Stir in coconut, the ¾ cup malted milk powder, the ¼ cup flour, 1½ teaspoons of the espresso powder or coffee crystals, baking powder, and salt. Carefully spread mixture on top of baked layer. Bake 20 to 25 minutes more or till set. Cool on a wire rack.

In a medium bowl beat together powdered sugar, the 3 tablespoons malted milk powder, the remaining 2 teaspoons vanilla, the remaining ½ teaspoon espresso powder or coffee crystals, and boiling water. If necessary, beat in a little additional boiling water till icing is of spreading consistency. Spread over cooled bars. Makes 36 bars.

Nutrition facts per bar: 146 cal., 6 g total fat (4 g sat. fat), 31 mg chol., 85 mg sodium, 23 g carbo., 2 g pro. Daily Values: 4% vit. A, 0% vit. C, 1% calcium, and 4% iron.

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$200 WINNER

June Gale Rhodes, Tallahassee, Fla., in the Quick-to-Fix Suppers Category. March 1998



Chickpea Pita Pockets

Packed in a pita, this grape, spinach, and chickpea combo makes a refreshing meatless meal.

- 1 15-oz. can light chickpeas (garbanzo beans) or regular chickpeas, rinsed and drained
- 1 cup shredded spinach or lettuce
- ⅔ cup seedless grapes, halved
- ½ cup finely chopped red sweet pepper
- ⅓ cup thinly sliced celery
- ¼ cup finely chopped onion
- ¼ cup mayonnaise or salad dressing
- 2 Tbsp. poppy seed dressing or desired creamy salad dressing
- 4 pita bread rounds, split in half crosswise
- ½ cup finely shredded Swiss cheese

In a large bowl combine chickpeas, spinach or lettuce, grapes, red sweet pepper, celery, and onion. In a small bowl stir together mayonnaise or salad dressing and poppy seed or desired dressing. Add to chickpea mixture, stirring till combined. Spoon into pita bread halves. Top with cheese. Makes 4 servings (2 halves per serving).

Nutrition facts per serving: 467 cal., 21 g total fat (5 g sat. fat), 21 mg chol., 586 mg sodium, 57 g carbo., 5 g fiber, and 15 g pro. Daily Values: 19% vit. A, 47% vit. C, 17% calcium, and 17% iron.



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continued on page B3

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continued from page B2

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It's a family affair in Arizona.





Remember last year's "educational" vacation, when the kids fidgeted, fought and moaned about how bored they were? Remember the year at the gigantic theme park, where you whiled away the hours waiting in long lines? Remember how you promised that next year's vacation would be different?

Well, round up the kids and head out to Arizona. When it come to family fun, the Grand Canyon State is not only spectacularly different, it's entertaining for children and adults alike.

Beyond Big: The Grand Canyon

Start with the Grand Canyon, the mightiest natural wonder known to man. Kids enjoy the concept of big, so be sure to tell them this "big hole" is so colossal, nearly five million visitors come to view it each year. A mile deep, 277 miles long, and two billion years in the making, the Grand Canyon is a region of scenic splendor with no parallel on earth.

It's a land of towering sandstone canyon wall and red-rock valleys, kaleidoscopic vistas and hidden waterfalls, all of which your family can enj from many unique vantage points. Try an air tour Grand Canyon Airlines, where you can relax in ar air-conditioned cabin offering giant panoramic view windows for undistorted photography. Opt f a burro ride descending to the bottom of the canyon or a more sedate stroll along the rim. But

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ou'd like to see in 34 minutes what it would take a etime to experience, see Grand Canyon – *The idden Secrets* in IMAX®, the world's largest otion picture system. Experience the quiet oli-tude of the Canyon's most remote areas. Raft e thunderous rapids of the mighty Colorado River. ee ancient Indian inhabitants. Join John Wesley owell on his first expedition, and more, in a presen- tion your kids will be sure to find spectacular.

Consider opting for a nostalgic ride on the turn- -the-century Grand Canyon Railway steam train at chugs its way from the historic Williams Depot rough the Coconino Forest to the South Rim. ou'll love the scenery and your kids will get a kick ut of the staged train robbery by a gang of ischievous bandits.

Whether visiting the popular South Rim or the ore tranquil, remote North Rim, make reser- ations as far in advance as possible to avoid sappointment. Accommodations can be found on oth the North and South rims, and even at the ottom of the canyon at Phantom Ranch. The onths of March, April, September or October enerally offer beautiful weather and less mpetition for reservations; visit before 10 a.m. after 2 p.m. and you'll avoid the busiest times.

Watery Wonderlands: Lake Powell & Lake Mead

orth of the Grand Canyon, on the Arizona-Utah order, you'll find the water wonderland of Lake owell, "America's Natural Playground." This



Southwestern gem is a popular destination for modern-day explorers, fishermen and water-skiers. The unexpected combination of desert canyons and clear water provides a playground unmatched for sheer fun.

The great escape of 186 miles of sparkling blue water is yours to enjoy. Float quietly in a peaceful cove, explore endless canyons in a powerboat, or speed across open bays at dawn in search of trophy bass. Blue gill and carp are perennial favorites with kids and there's no better place to introduce your young ones to the thrill of landing that first fish.

By powerboat, houseboat or tour boat, your family can visit destinations such as Rainbow Bridge National Monument, the largest natural bridge on earth and Glen Canyon's premier geologic feature. *Boating* magazine calls Lake Powell "a water-skier's paradise." No where else will you find wide open expanses of smooth water framed by red rock monoliths.

Houseboat magazine rates Lake Powell "America's #1 Houseboating Destination." Even if you have no special skills or previous boating experience, you can rent and easily operate a houseboat. A qualified instructor will show you everything you need to know and will even accompany you out of the marina until you're ready to take the helm.

In northwestern Arizona bordering Nevada lies beautiful Lake Mead, where Forever Resorts offer unforgettable family adventure via luxury houseboat rentals. Experience the desert oasis-like destinations of Lake Mead and Lake Mohave aboard a luxurious houseboat complete with wet bar and jacuzzi. Take the kids hiking along the sandy shores or visit the famed Hoover Dam. Where you choose fishing, water-skiing, camping, or just a quiet weekend, both kids and kids-at-heart will thoroughly enjoy this gorgeous venue.

Red Rock Reverie: Sedona/Oak Creek

Interested in more family-fun destinations? Head south to the Sedona/Oak Creek Canyon area to



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visit nature's own waterslide at Slide Rock State Park, a favorite in summer. The spring-fed Oak Creek flows through a forest between the canyon's gray limestone and red sandstone walls. Creekside cabins are scattered throughout this picturesque region and offer a secluded getaway among tall oaks and sycamores. In Sedona, you'll want to check out Tlaquepaque, a unique shopping complex modeled after an artists' colony in Guadalajara, Mexico.

Up in the Pines: Prescott

Located only three hours from the Grand Canyon and two hours from Phoenix, this beautiful mile high city located in the nation's largest contiguous forest of Ponderosa pines exemplifies all the best of "Everybody's Hometown"-friendliness and charm. Your young cowboy-wannabees might be interested to know it was the first territorial capital of the state and is rich in the lore and history of the American West. Prescott is home of the "World's Oldest Rodeo" and proud to be "Arizona's Christmas City."

Made for Families: Mesa

Part of the greater Phoenix area's Valley of the Sun, Mesa is a true family city with an active parks and recreation department — and 50 parks — designed to entertain visitors as well as residents. A slew of municipal swimming pools, tennis complexes, golf courses and a baseball stadium keep everyone happily on the go. Even if your kids aren't crazy about "culture," they're sure to respond enthusiastically to the award-winning Arizona Museum for Youth. Here, youngsters can view and even interact with artwork installed at a child's eye-level, in an environment that titillates the imagination, stimulates the mind, and captivates the eye. Don't miss the old west ghost town, country western dinner theaters and great shopping that have also put Mesa on the map.

The Old and the New: Tucson

A rousing campfire sing-along and a breakfast trail ride are just two of the activities that draw families to Tucson's nine guest ranches. You'll also want make plans to take the kids to Old Tucson Studio a Western film location with staged gunfights an movie sets.

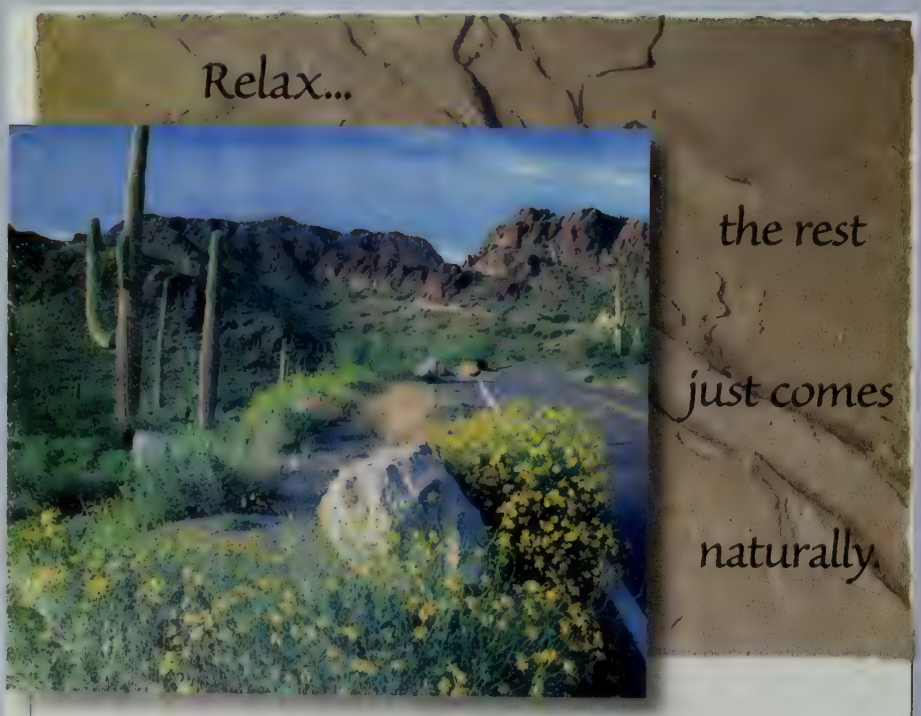
Cool pools — some featuring waterslides — make Tucson's resorts a favorite family getaway. Many offer programs designed just for the kids. More waterslides and wave pools provide cool summer fun at Tucson's three family water parks Funspot at Sportpark, The Breakers Family Waterpark, and Justin's Tucson WaterWorld.

Other attractions geared for younger interest include Tucson's Children's Museum, Internation Wildlife Museum, Reid Park Zoo and Colossal Cave. If you or the kids are flora and fauna lovers head for the Arizona-Sonora Desert Museum, which displays more than 300 species of animals and 1,300 types of plants indigenous to the Sonoran Desert.

A Bridge and a Beach: Lake Havasu

Here's a good place to give the kids a painless history lesson. More than a million visitors flock t Lake Havasu each year to view the 160-year-old granite structure — London Bridge — that once spanned London's Thames River. Dismantled sto by stone and relocated in the late 60s, London Bridge is now adjacent to a recreated English Village, where old-style shops and restaurants enchant curious tourists.

The nearby palm studded beaches offer a co splash and a stunning view of Lake Havasu, a



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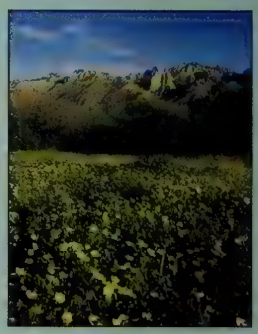
Hilton



perfect venue for water sports of all kinds: sailboating, jet-skiing, water-skiing, speedboating, and in the coves and inlets, fishing. Make sure to take the family sightseeing at Havasu National Wildlife Refuge and the Topock Gorge, a wildly beautiful stretch that serves as a sanctuary for bald eagles, peregrine falcons and desert bighorn sheep. Much of it is accessible only by boat.

Happy Consensus

If you're wondering about accommodations, just remember that it's easy to find your place in the sun when you stay at one of the Arizona Hilton Hotels. You'll find eight locations, all conveniently located in the Valley of the Sun and in Tucson. So make your reservation and pack your bags. You and your kids may actually agree — the Grand Canyon State is one wonderful family affair. For your free travel packet, call the Arizona Office of Tourism at 1-800-209-4876 or visit the web site at www.arizonaguide.com.



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Caper Capers

by David Feder

From Spain to China grows a lowly, spiny shrub that would remain largely ignored were it not for its unripened flower buds, called capers. These tiny titans of taste bring sauces, salads, or main dishes into unexpected territory.

The taste of a caper can best be described as a marriage of citrus and olive, heightened with a tanginess achieved by preserving in salt or vinegar—the way most capers are prepared and packaged.

The pungent and spicy flavor of capers should be applied to taste. Try using capers and caper berries in the following ways:

- Add a teaspoon or two of capers to each cup of your favorite pasta or spaghetti sauce; serve on cooked noodles or in lasagna.
- For a light caper pizza, cover a large Italian bread shell with shredded low-fat mozzarella cheese, thinly sliced tomatoes, and capers or sliced caper berries. Sprinkle with a little oregano, then bake according to bread directions.
- To make a zesty spread for bagels or crackers, mix capers or chopped caper berries with softened light cream cheese, very finely chopped onion, dried thyme, and freshly ground pepper.

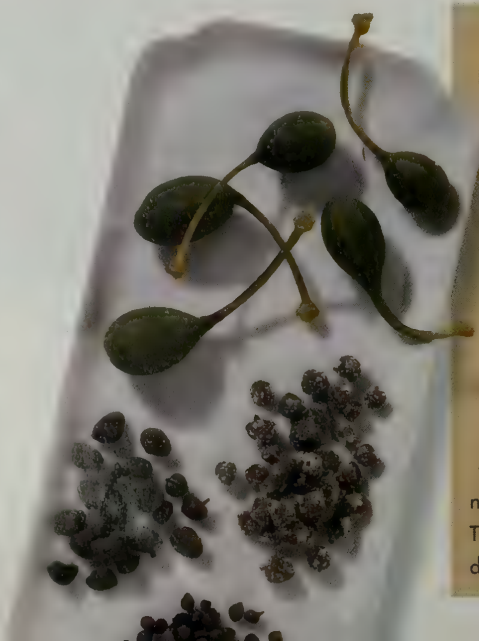
A Lighter Remoulade

This classic condiment tastes as great on seafood today as it did a century ago, when the recipe was first recorded. We've lowered the fat with light mayonnaise dressing.
Prep: 15 minutes Chill: 2 hours

- 1 cup light mayonnaise dressing
- ¼ cup rinsed and drained capers
- 2 Tbsp. chopped dill pickle
- 2 Tbsp. lemon juice
- 1 Tbsp. finely chopped onion
- 1 Tbsp. finely chopped chervil or parsley
- 2 tsp. pickle juice
- 1 tsp. finely chopped anchovies or anchovy paste (optional)

In a medium mixing bowl combine ingredients thoroughly. Cover and chill for 2 hours. Store in tightly sealed container in refrigerator for up to 1 week. Serve with fish or seafood. Makes 1¼ cups sauce.

Nutrition facts per serving: 41 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 137 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, and 0% iron.



CAPER COMPENDIUM

You'll find capers next to the pickles or in the gourmet section of your local supermarket or in specialty food stores. There are several kinds of capers available:

- Caper berries (*top*) are the whole fruit from the caper bush. Use them whole or thinly sliced
- Capers come pickled in vinegar (*middle, left*) or packed in salt (*middle, right*). Rinse off the salt or brine with cold water; shake capers dry before using.
- Some connoisseurs consider the tiny nonpareil capers (*bottom*) to be the finest. These capers are great when fried in oil, drained on towels, and sprinkled on salads.

Ribollita con Crostini di Pane

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Bertolli Ribollita con Crostini di Pane

- 1/4 cup Bertolli Extra Virgin Olive Oil, plus more for serving
- 1/4 cup each chopped, trimmed fennel, celery, onions and carrots
- 1 garlic clove, finely chopped
- 1/4 tsp. dried thyme
- 6 cups chicken broth
- 1 can (28 oz.) Italian plum tomatoes, cut up
- 2 cups peeled and diced russet potato
- 1-1/2 cups rinsed and drained canned cannellini beans
- 1 cup finely shredded Savoy cabbage or Swiss chard
- 1 cup diced, trimmed zucchini
- 2 Tbsp. each chopped fresh parsley and basil
- Salt and freshly ground black pepper
- 8 slices (one per bowl) 1/2-inch thick diagonally sliced Italian bread

1. Combine the olive oil, fennel, celery, onions, carrots, garlic and thyme in a large heavy saucepan. Cover and cook over medium low heat until the vegetables are very soft, about 15 min. Do not brown.

2. Stir in the broth, tomatoes, potato, beans, and cabbage or Swiss chard. Heat to boiling. Reduce heat to low and simmer 15 min. Add the zucchini, parsley and basil. Cover and cook 2 min. Add salt and pepper, to taste.

3. Remove from heat. Refrigerate for 24 hours. Just before serving, heat to boiling. Place a piece of bread in each of 8 soup plates. Drizzle with a little olive oil. Ladle soup over the bread and allow to soak up the soup. Serves 8.

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design

Skirted Cover-Up



Give your vanity a quick makeover by replacing its sagging doors with this fabric skirt. Easy to sew, it's hung by tabs over a painted dowel rod that's tipped for fun with ball finials. Mount drapery hooks under the vanity top to hold the rod.

For the skirt width, measure the width of the vanity and multiply by 1½; add 2 inches for side hems. For skirt height, measure the vanity from the floor to the top of the rod; add 2½ inches (for top and bottom hems minus the rod and tab length). Cut the rectangle from fabric. Press under raw edges and topstitch in place as follows: side edges, ½ inch twice; top edge, ¼ inch, then 1 inch; bottom edge, 1½ inches twice.

For each tab, cut two 1¾×7½-inch strips with a V point at one end. With right sides facing and using ¼-inch seam allowances, sew strips together, leaving an opening at the short straight end for turning. Clip corners, turn, and press. Press raw edge under ½ inch. Sew this end of tab 1 inch from the top on the wrong side of the skirt. Fold the tab to the front of the skirt and tack just below top hem using a ⅝-inch button. Sew tabs, evenly spaced, across the skirt. (Ours are spaced 4¼ inches apart.)


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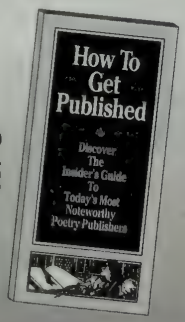
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It is with great pride that *The Poetry Guild* announces its official **call for entries** for our *1998 International Poetry Competition.* Through this prestigious competition, you are invited to submit your original poetry for consideration by our distinguished panel of literary judges. All entries will receive a personal acknowledgement from the committee, and should your poem be selected, you will be honored with publication in our upcoming, hard-bound anthology. A well-deserved showcase for talented poets all across the nation — and around the world!

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1. Submit one original poem, 20 lines or less, any subject, any style.
2. Print or type your poem on a standard 8½ x 11 sheet of paper.
3. Contest deadline: **March 31, 1998.**
4. Up to 20 contests per year, each will award one winner $1,000, plus 99 other Honorable Mentions will be awarded.

There are no fees to enter, and all winners will be published. Contest is open to all, except current or past employees of *The Poetry Guild* and their families.

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Or, you may use our website at www.poetry-guild.com
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WILLIAM STITES

You won't have to worry about planting your plates on your favorite floral fabric with the new iron-on plastic laminates.

With clear iron-on plastic laminates (found at fabric stores) you can make any fabric water- and stain-repellent. The laminates make place mats, chair pads, tablecloths, pillows, and floor cloths durable enough to resist spills inside—or raindrops outside. This product comes in 18-inch rolls, ideal for small projects.

Before you laminate your fabric, wash and dry it to remove any fabric finishes and to eliminate future shrinking, then press it until it's wrinkle-free. Select an easy-sew pattern that has minimal topstitching; any needle holes pierced into the laminate will lessen its repellency. Cut out the pattern pieces from your fabric. Next, cut the pattern pieces from the paper-backed laminate, omitting the seam allowances. Working on a flat, hard surface, iron the laminate to the fabric, following the manufacturer's instructions. Let the fabric cool, peel away the paper, and prepare to sew. (Piecing of laminate may be necessary for large projects; follow manufacturer's instructions.)

To keep the laminate from sticking to your sewing machine, use a pressure foot with a nonstick coating and a heavy-duty needle. Before starting your project, practice sewing on a laminated swatch, adjusting the tension and the length of your stitches as necessary to sew through all the layers. To clean your laminate, sponge with warm soapy water and let air dry.

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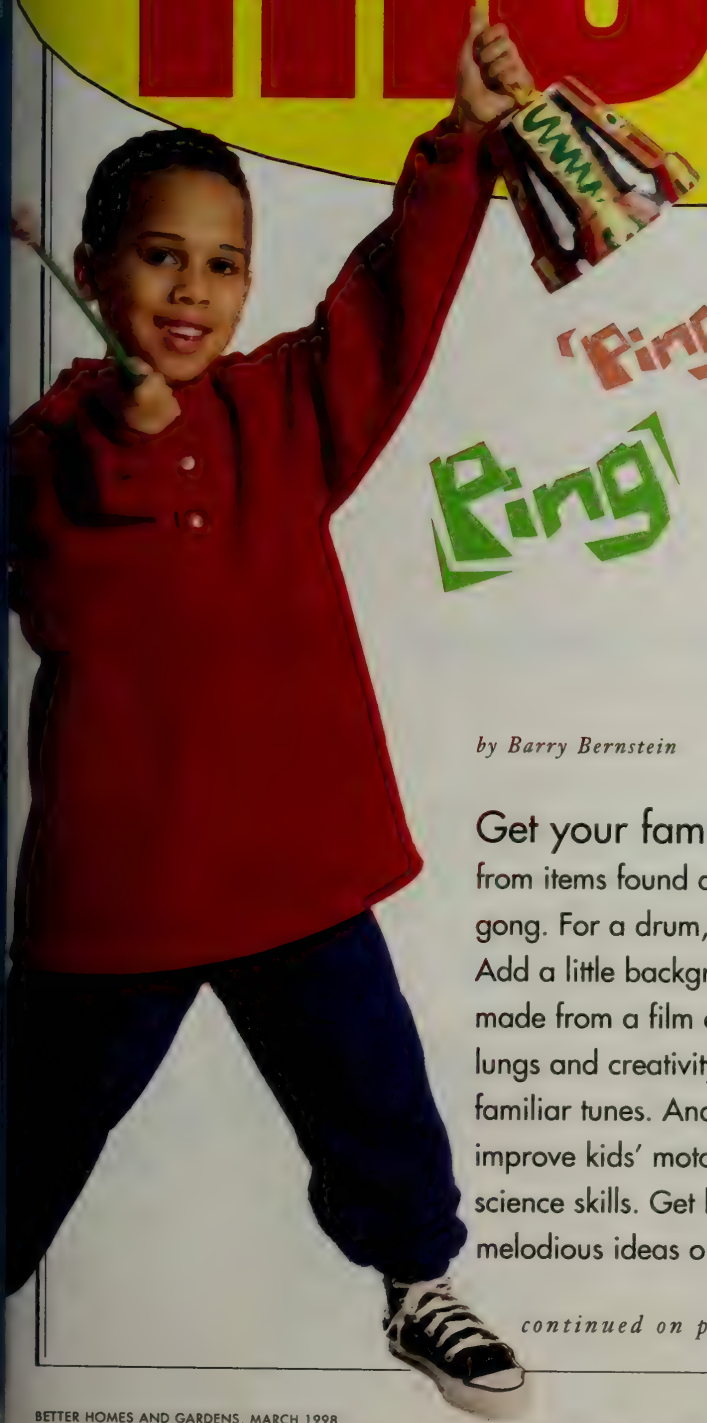
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making music





by Barry Bernstein

Get your family band jamming with instruments made from items found around the house. Turn a flowerpot into a gong. For a drum, all you need are a tuna can and balloon. Add a little background rhythm with a shaker made from a film canister. Then, exercise your lungs and creativity by singing silly lyrics to familiar tunes. And parents: Music helps improve kids' motor, social, math, and science skills. Get humming with some melodious ideas on the following pages.

continued on page 224



BH&G kids

continued from page 223





CAN DRUM

Materials needed:

- Tuna or vegetable can
- Small round balloon (9 to 11 inches wide if blown up)
- Rice
- Glue
- Scissors
- Colored electrical tape
- Acrylic craft paint
- Construction paper

1. Find and clean an empty can open at one end. (A small, seamless aluminum can works best.) For safety reasons, use only a can with a smooth opening cut—no rough edges.
2. Decorate the outer sides and bottom of the drum with electrical tape, paint, or construction paper. Try cutting different shapes from electrical tape. Use decorative paint to create dots, swirls, or other designs.
3. Put a small amount of rice or other shakable material in the can.
4. Cut the neck off the balloon and stretch the balloon's main body over the opening of the can. It should be stretched tightly so that the "dimple" disappears. This can be redone until you have a sound that you like.
5. Play the drum by rubbing your thumb or finger on the balloon head. Try shaking it while you play to get two different sounds. See if you can get a continuous sound by holding the drum upside down and rolling the rice around on the balloon.



FILM-CANISTER SHAKER

Materials needed:

- Empty film canisters with lids
- Corn, rice, small dry beans, or small bells
- Colored electrical tape, stickers
- Glue

1. Put a small amount of corn, rice, or other shakable in a film canister and snap on the lid.
2. Use electrical tape to seal the lid by pulling the tape along the edge where the lid and body meet. Put a dab of white glue under the cut end of the tape to keep it from pulling away.
3. Using different colors of tape and stickers, decorate the rest of the canister. And shake!





continued on page 227



Turn "blah, blah, blah" into "yippie ay yay."

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There are three million kids in this country who wet the bed, and each one harbors the same fears. That he is alone. And that he is somehow less than equal to his peers. We'd like to change that with some facts that should help any kid who wets the bed feel a lot better.



Chances are great, for instance, that at least two of his classmates have nighttime accidents, too. That the very reason he wets the bed may be that his bladder just hasn't grown as fast as the rest of his body. And that despite how he feels now, this is a problem he will outgrow. Until he does, there are GoodNites® absorbent underpants. Designed especially for kids 45 to 85+ pounds, only GoodNites protect, yet look and feel like plain white underwear. One mom wrote to tell us, "GoodNites gave my child back his privacy." And thousands of moms agree: they'll not only give your child a better night's rest, they'll greatly improve how he feels about himself in the morning. To learn more, visit www.goodnites.com.

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BH&G kids

continued from page 224

FLOWERPOT GONG AND RUBBER-BAND MALLET

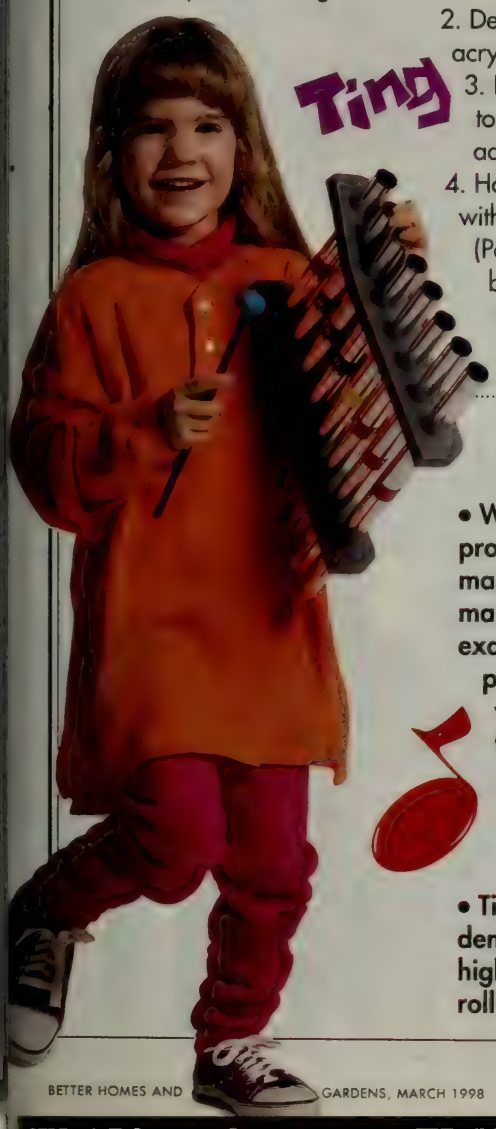


Materials needed for gong:
- Variety of clay flowerpots
- Nylon rope, about 3 feet per gong
- Acrylic craft paint

Materials needed for mallet:
- Paint stick or 12-inch wooden dowel, ¼ to ½ inch diameter
- 12 to 16 medium-size rubber bands

1. Tie large knot at one end of rope. From the inside of the clay flowerpot, thread the rope out through the hole.
2. Decorate the pot with acrylic craft paint and let dry.
3. For mallet, wind the rubber bands side by side and on top of each other at one end of the stick. Continue to add rubber bands until several layers cover the end.
4. Holding the rope in one hand, strike the flowerpot gently with the rubber-band mallet to create a soft, mellow tone. (Parents: Exercise caution—clay pots are heavy and may break if dropped or struck with excessive force.)

(From *Percussion Instruments Made Out of Found Objects*, by Brian Melick, ©1994.)





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- The largest two-sided playable bass drum in the world was commissioned by Walt Disney to be used at Disneyland. It measures 10 feet, 6 inches in diameter and is 4 feet wide.

continued on page 228



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B H & G kids®

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WRITE YOUR OWN SILLY SONGS

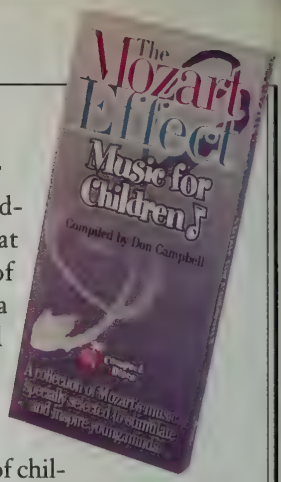
Here's a way that makes composing songs easy and fun.

Choose a familiar song such as "Home On The Range" or "Twinkle, Twinkle Little Star." For a first try, fill in blanks on these lyric lines: "Oh, give me a _____, where the _____roam."

The lyrics can be as silly as you want. For example, "Oh, give me a poem, where the words they do roam." Or, "Oh, give me a bowl, where some donuts might roll."

Videotape your family performances for a musical scrapbook.

Barry Bernstein is a registered music therapist. Through his company, Healthy Sounds, located in Lenexa, Kansas, he conducts workshops nationally on the healing and motivational power of rhythm.



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Scientific studies show that the music of Mozart has a powerful effect on the intellectual and creative development of children. *The Mozart Effect*, a set of three audiocassettes or CDs, uses Mozart's music to enhance IQ, inspire creativity, or explore body movement and dance. From The Children's Group.



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To order instruments, CDs, cassettes, and software, see page 230.




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Music! Music! Music!



Hey kids! Hey, parents! Does our BH&G Kids® feature (*pages 223* to *228*) inspire you to strike up the band? Try these music makers specially selected for our readers.

Instruments

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Magicbaton Jr. encourages children ages 3 to 6 to interact with and learn about music. The software program lets them "conduct" a wide variety of musical pieces in which they control the tempo and pace. There are three modes of play (melody, rhythm, and edit); children can select one of seven familiar songs throughout each mode. From PFU Limited and Micro Central, Inc., this software is in a PC CD-ROM format ($46.95). ♠

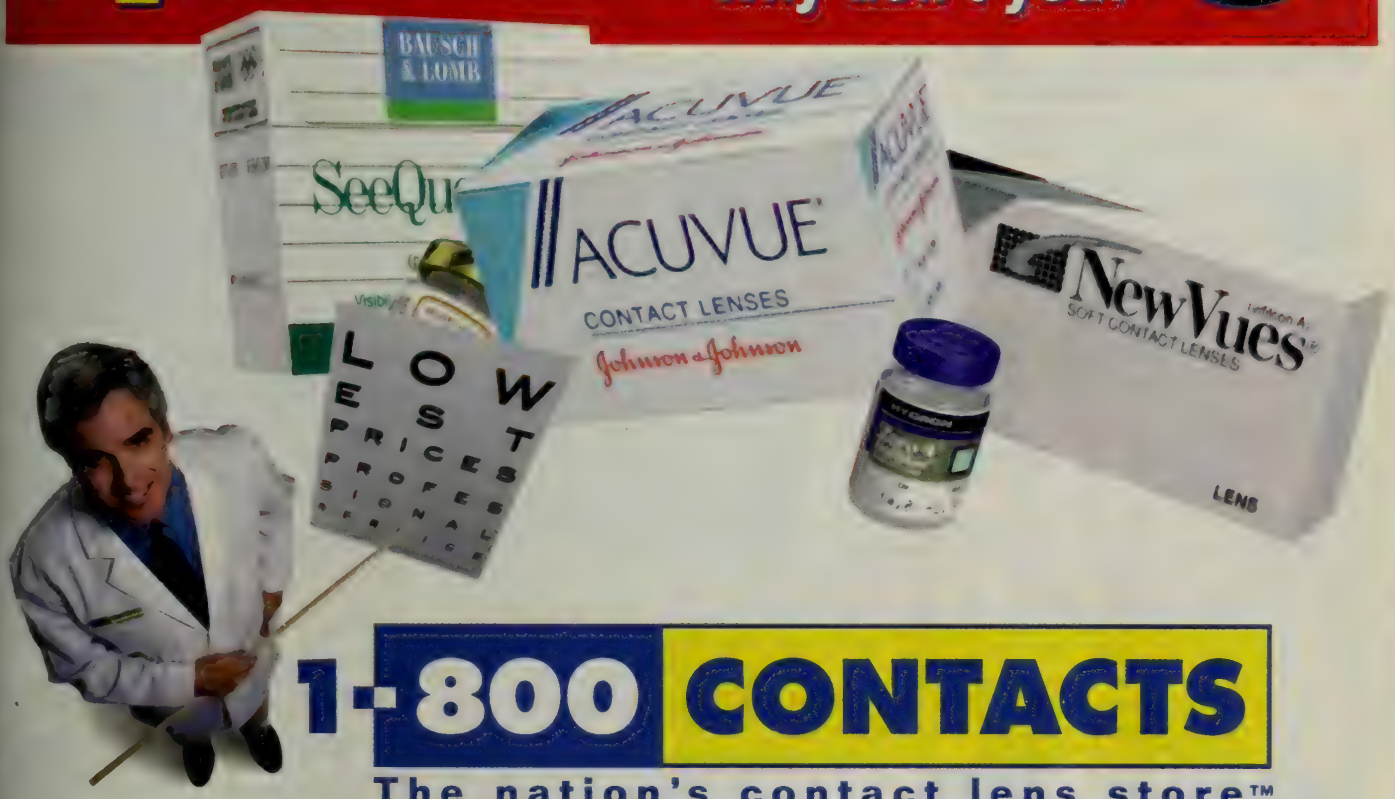
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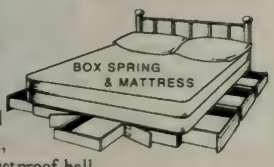


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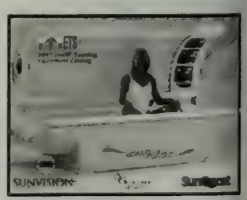
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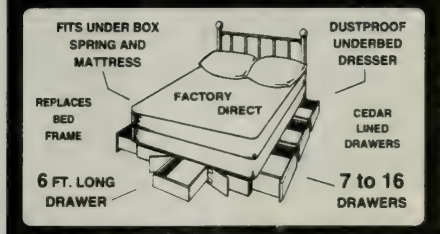
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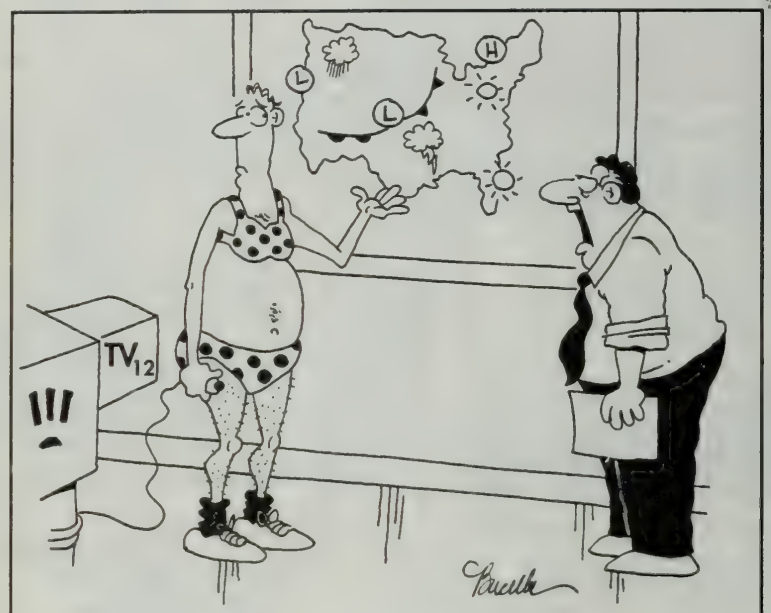


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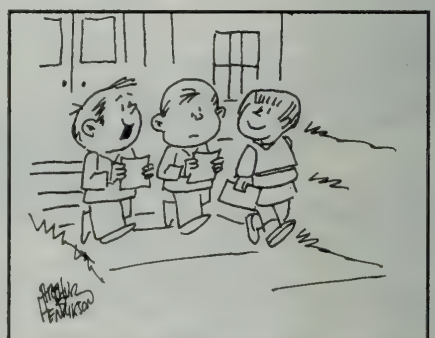
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Burt Junior, a handy guy with tools, built a cat door in the kitchen for Judy's kitten. It's a roaring success for those of us tired of getting up and down, but I think the kitten regrets losing control over her people.

Grandma Hillis' mom used to ring a brass bell on the front porch to announce when dinner was ready. Today, she says, the job is done by telemarketers who ring, but with a different bell.

I think most drivers are determined to be conscientious, although any real progress in that direction will have to wait until they get off their car phones.

Congressman Nick Hanfli says going back to work in Washington is sometimes like going home to a long list of chores: They need to be done but there's little joy in it.

Isabel Norman says she's tired of getting offers of two and three credit cards in the mail every month. Particularly irksome are the offers to increase her spending limits on cards she hasn't even signed up for.



"You know, Ed, I'm retired too!"

Life is a lot like a bucket of popcorn at the movies, says the Rev. George Hall. Once you get halfway through, you realize that one just doesn't seem to be enough.

Christine has discovered that preferences in real estate depend mostly on her client's perspective. For example, a "secluded rural setting" and "the middle of nowhere" can be the same location, depending on your point of view.

Burton Hillis

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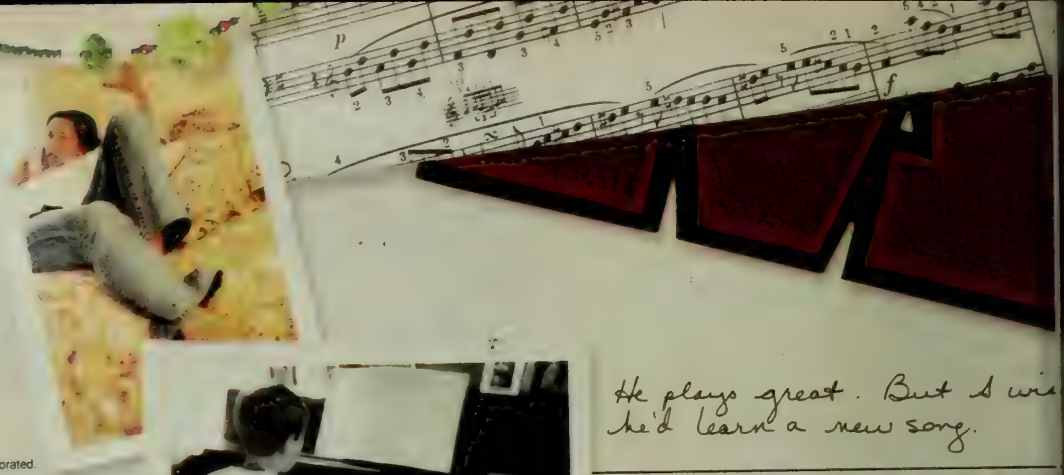
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Maybe we should put in a payphone.





Explaining the "chain-of-command."





After Jen's driving lesson,
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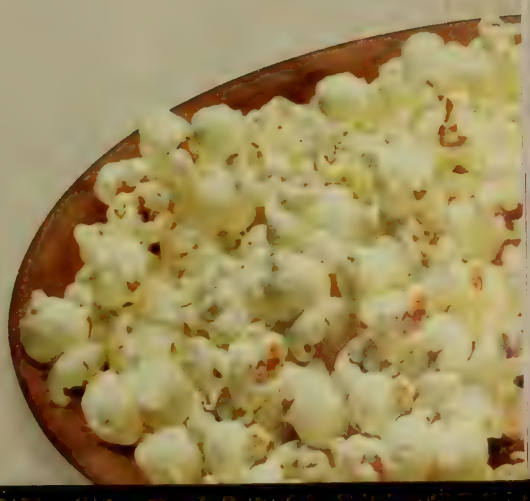
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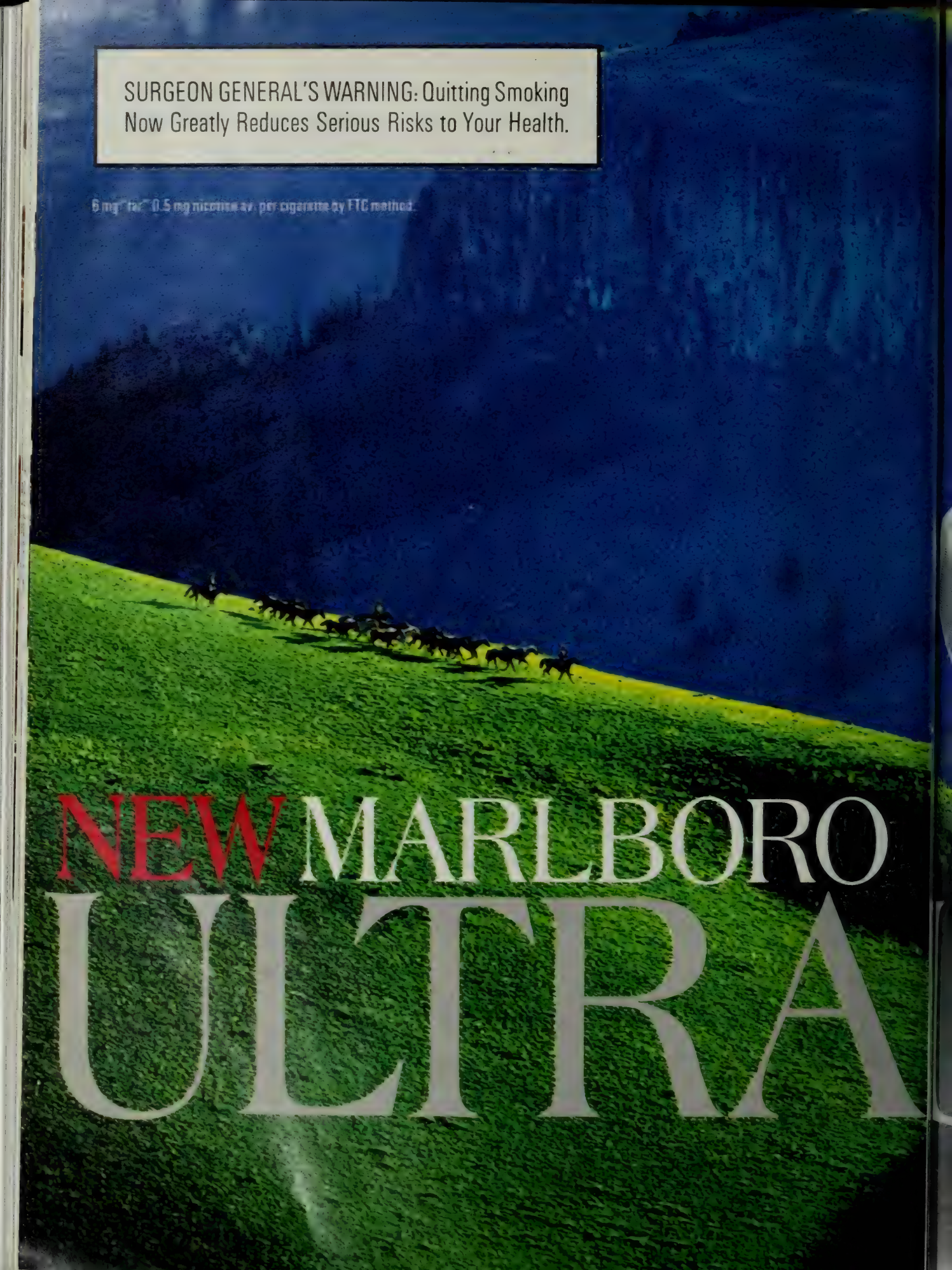
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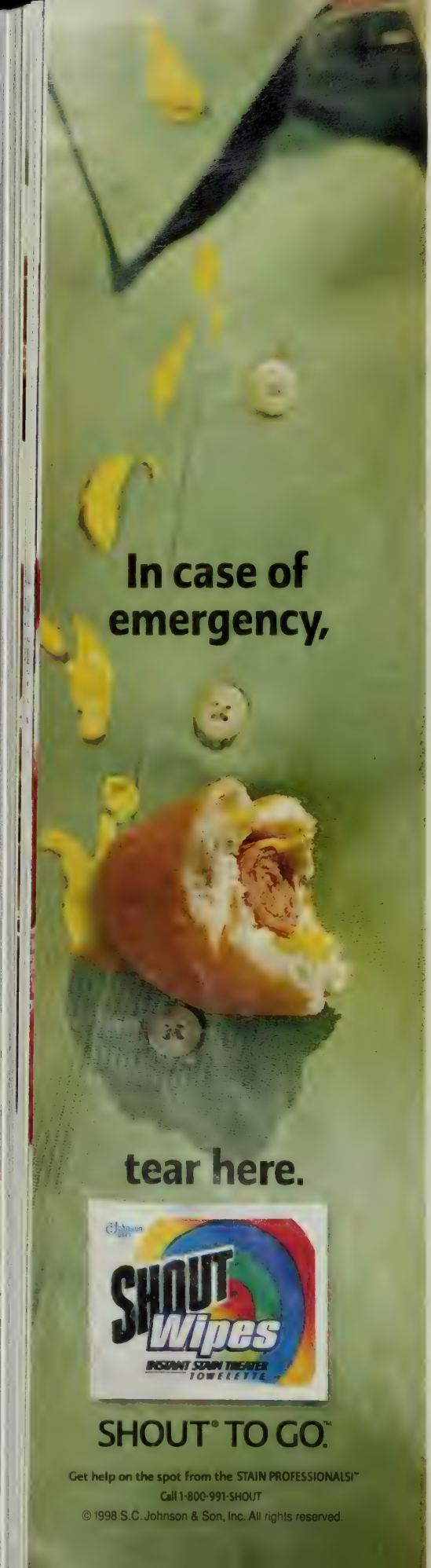
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ANDY LYONS

The minute Old Man Winter gives up his stranglehold on our part of the country, I head for one of my two favorite places—the garden or my lakeside cabin. I don't know why, but I think more clearly outside, particularly when the wind is slapping whitecaps against the shore, clearing cobwebs from my mind the way the waves clear the beach of winter's debris.

This spring there's plenty to think about. An important part of my job is to understand how Americans are living, what their goals and aspirations are, and how we, at *Better Homes and Gardens*® magazine, can help our readers achieve those goals. I'm sure it's no surprise to you, but according to several studies, Americans want to get out from under their stress, simplify their lives, and take control. Definitely something to think about. And work toward. And I believe we can help.

Stories such as "Long-Blooming Perennials" (*page 147*) give all of us gardeners a chance to simplify. Just plant once and enjoy the garden's beauty year after year. And if your family has contemplated installing traffic lights outside the bathroom to bring sanity to the morning rush hour, our story on Jack-and-Jill baths (*page 185*) gives you a way to reduce stress and take charge of the situation.

If what's wanted most these days is stress reduction and simplification, we're going to be working even harder to give you solutions to problems and the help you need to make your lives simpler, better, and less stress-filled.

Now, if you'll excuse me, I'm going to walk the beach, picking up agates *and* ideas.

Jean LemMon

Jean LemMon, *Editor in Chief*



"Doing good starts in your own backyard. Of course, mine is 250 acres of soybeans."

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DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.

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Carprofen is an NSAID, and as with others in that class, side effects may occur with its use. The most frequently reported effects have been gastrointestinal signs. Events involving suspected renal, hematologic, neurologic, dermatologic, and hepatic effects have also been reported. Patients at greatest risk for renal toxicity are those that are dehydrated, on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored. Sensitivity to drug-associated adverse events varies with the individual patient. For example, Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in well-controlled safety studies of up to ten times the dose in dogs.

Since a significant number of patients receiving Rimadyl are older dogs, it is advisable to conduct a geriatric examination and to consider appropriate laboratory tests to establish hematological and serum biochemical baseline data prior to administration of any NSAID. Periodic monitoring may be appropriate in certain patients. **Owners should be advised to watch for signs of drug intolerance, such as inappetence, vomiting, diarrhea, melena, PU/PD, anemia, jaundice, lethargy, ataxia, seizure, or behavioral changes.** (See Adverse Reactions section.) Recognition of possible drug-related clinical signs accompanied by withdrawal of the drug, and supportive therapy if appropriate, has resulted in recovery of the vast majority of patients. The side effects of this drug class, in rare situations, may be serious and if corrective action is not taken may result in hospitalization and even fatal outcomes.

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WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies (n=297) which were similar for carprofen- and placebo-treated dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as control.

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Hepatic: *Inappetence, vomiting, jaundice, acute hepatic toxicity, hepatic enzyme elevation, abnormal liver function test(s), hyperbilirubinemia, hyperbilirubinuria, hypoalbuminemia. Approximately one-third of hepatic reports were in Labrador Retrievers.*

Renal: *Hematuria, polyuria, polydipsia, urinary incontinence, urinary tract infection, azotaemia, acute renal failure, tubular abnormalities including acute tubular necrosis, renal tubular acidosis, glucosuria.*

Neurologic: *Ataxia, paresis, paralysis, seizures, vestibular signs.*

Hematologic: *Immune-mediated hemolytic anemia, immune-mediated thrombocytopenia, blood loss anemia.*

Dermatologic: *Pruritus, increased shedding, alopecia, pyotraumatic moist dermatitis (hot spots), necrotizing panniculitis/vasculitis, ventral ecchymosis.*

Immunologic or hypersensitivity: *Facial swelling, hives, erythema.*

To report suspected adverse reaction call 1-800-366-5288.

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See brief summary on adjacent page for important information.

1. Proprietary market research, 1997. Veterinary sample size: 200. Data on file, Pfizer Animal Health.



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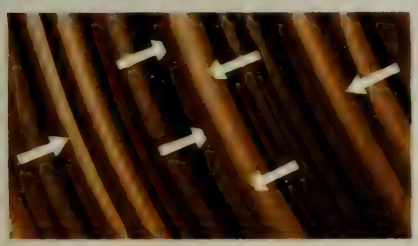
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When one of our children had a bad day, was feeling low, or just needed the family to be more understanding without having to explain hurt feelings, he would go to the kitchen drawer where we kept a sterling silver straw. When he put the straw in his glass at the dinner table, it was a silent clue to the family to treat that child with extra love and care. It worked like a charm, and the children never abused the privilege.

Sarah Hemingway
Mount Pleasant, S.C.

Grandkids Receive Auction Profits

My elderly mother-in-law wanted to dispose of many household and personal possessions. She invited her four children, their spouses, and her 18 grandchildren to a family auction. Her children bid on the items they wanted, and the goods went to the highest bidder. After collecting the money, she divided it into 18 equal parts and gave it to the grandchildren so they'd have it for their future needs.

Fran Zehr
Morrisonville, N.Y.

Wish Dish Solves Clutter Problem

Catalogs flood our mailbox and clutter our house. I solved this problem with my Wish Dish. I go through each catalog once, tear out the pages with items I wish to buy, attach a page showing the telephone number for ordering, and drop the pages into a dish. Once a month, after paying bills, I treat myself to a dip into my Wish Dish. Then I either order the items or throw the pages out. No more clutter.

Nina Gadomski
Elmwood Park, Ill.

Grandma Has Lunar Connection with Grandson

My grandson and I live in different states so we don't see each other very often. When he was three, I took care of him while his parents vacationed. One night we were gazing at a full moon and I told him that even though we lived a good distance apart, we could both see the same moon at the same time. Every time I see a full moon I think of him. Now and then, he or I will call to say, "The moon is really something tonight." It's a great way to feel closer to someone you love.

J.M. Slattery
Bullhead City, Ariz.

Travel with Video Pen Pal

If you can't travel as much as you'd like, here's one solution. Get out the video camera and record your surrounding area. Think of things you would want to see if you were visiting—local plant life, historic buildings, landscapes, etc. Next, contact your friends and relatives living elsewhere and tell them you want to swap tapes, becoming video pen pals.

Penny Elrich
Salinas, Calif.

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.

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Sheet Success

Sheets not only make the bed, but make the room as well. Fabulous patterns, wide widths, and high-quality fabrics make sheets a perfect tool for decorating. Fabric glues, fusible tapes, and short-cut sewing techniques make the projects more achievable.



Piping adds a professional touch. Place the raw edge of the piping toward the raw edge of the fabric. The stitching on the piping should line up with the project's seam line. Baste along the seam line, then sew the two fabrics together with the piping sandwiched in between. A zipper foot lets the needle get close to the piping so that you sew right along the seam line.

Give it the slip. Update almost any headboard with a slipcover made of sheets. You'll need one flat sheet that's the same size as the bed—twin, double, queen, or king.

Make a pattern by taping paper onto your headboard and tracing around it. The pattern should extend to the bed rails. Add 1 inch all the way around (½ inch for seam allowances, ½ inch for ease of fitting), then cut out two pieces. Baste piping to the right side of one piece along the seam line. Sew the pieces together, right sides facing.

Clip any curves and layer the seam allowances. Narrowly hem the bottom edge. Slide the slipcover over the headboard.

For rail-type headboards that have expanses of open space, you'll need fabric with a bit of stiffness. Choose sheets with a high thread count. For extra stiffness, iron fusible interfacing or fusible fleece to the wrong side of the fabric before sewing the pieces together.

continued on page 24



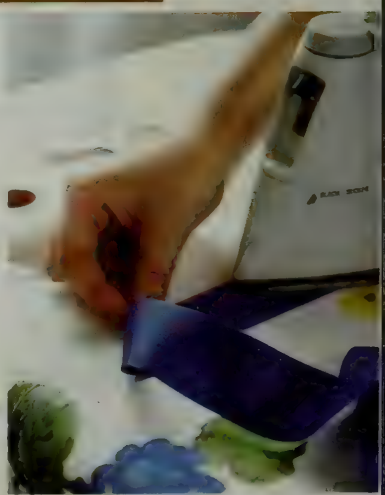
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Iron-on hemming tape, which comes in various widths and weights, makes adding a ribbon border to your tablecloth a breeze. The cloth's hem concealed beneath the ribbon can be fused in place, too, but it's best to sew the hem. The heat generated from adding the ribbon can soften the glue and cause the hem to slide out of place.

Seamless coverup. Tablecloths cut from standard yard goods require a seam or two because of the fabric's narrow width. Sheets come wide enough to eliminate the seam, letting the cloth lay smooth and flat. Generally, sheets are made in the following standard sizes, so use these measurements as a guideline for choosing the proper sheet for your project: twin, 71×110 inches; full, 87×110 inches; queen, 95×118 inches; king, 108×120 inches.

Cut the fabric 2 inches longer and 2 inches wider than the desired size. Turn under all edges ¼ inch, then ¾ inch, and hem by machine or with fusible hemming tape. Iron on a border of 1½-inch-wide grosgrain ribbon, aligning the edge of the ribbon with the edge of the hem. If fusible hemming tape isn't available in the width of your ribbon, combine two narrow strips or cut strips from yardage of paper-backed fusible webbing. Corners can butt, lap, or miter—whichever works best for your ribbon weight and pattern.

continued on page 27

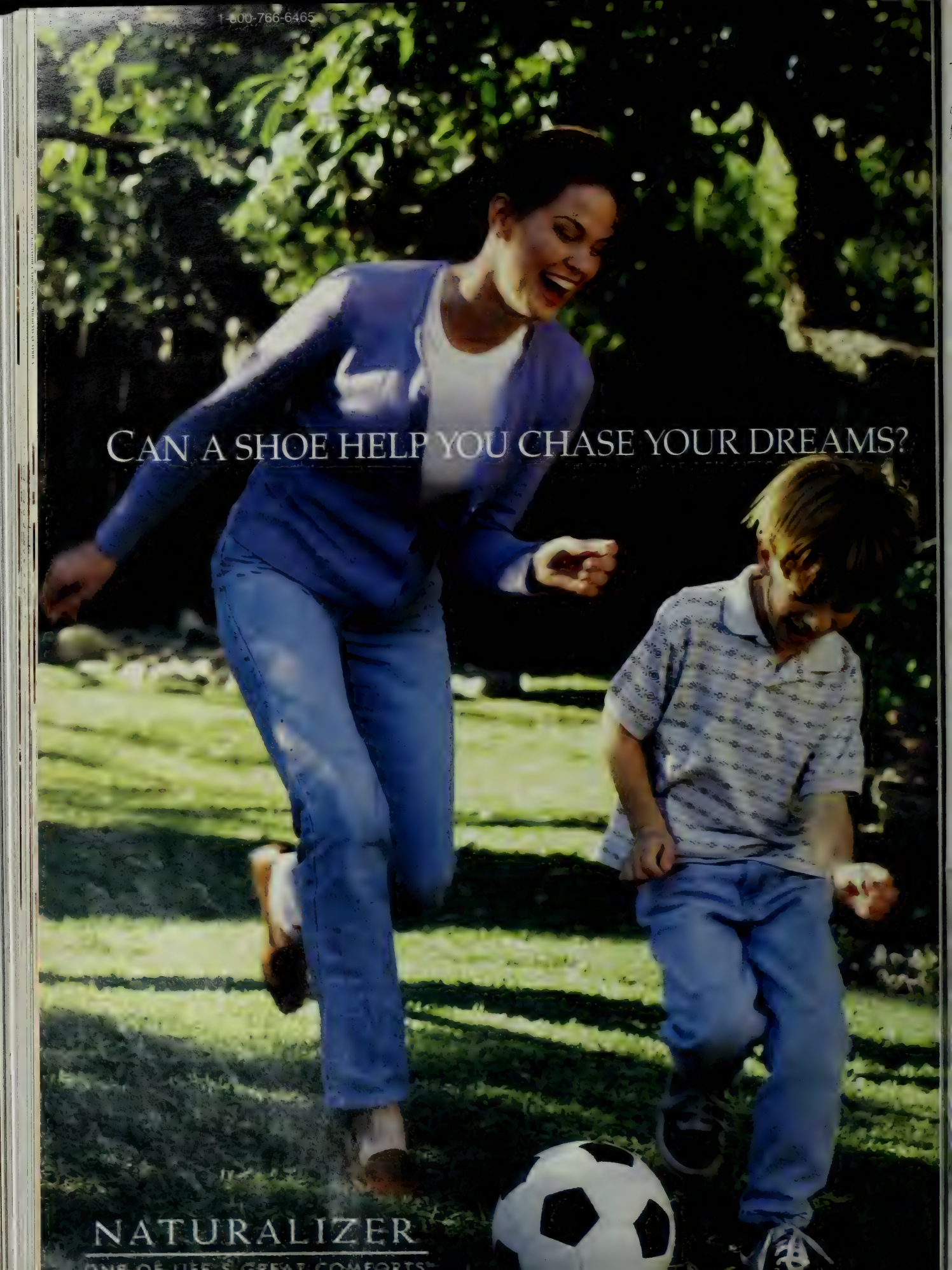




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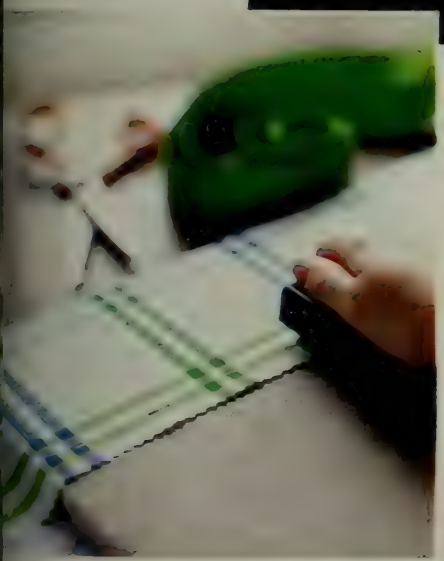
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continued from page 24



When using evenly patterned fabrics, such as stripes and plaids, make sure the lines remain straight and on grain as you stretch the fabric around the board.



Bulletin...no boredom. Perk up one of your home's more mundane necessities—the bulletin board. Sound board (you'll find it at home improvement centers) covered with sheeting and trimmed with ribbon provides a colorful background. For this 32×36-inch board, use one twin sheet. For smaller types, use a pillowcase or crib sheet.

Using pinking shears, cut the sheet to 48×52 inches. Center the board on the fabric's wrong side. Wrap the fabric to the back of the board. (For smaller projects, be sure to allow several inches of fabric to wrap back.) Starting at the center of one side and working out, staple the fabric every inch. Next, wrap and staple the opposite side, pulling fabric taut. Finish remaining sides. Fold corners smooth, trimming excess fabric.

Cut two 38-inch pieces of 1½-inch-wide grosgrain ribbon and two 42-inch pieces for the border. Wrap short ribbons around short ends and staple to back. Add long ribbons. Dot fabric glue between ribbon and sheet.

continued on page 30

ADVERTISEMENT

We're looking for people to write children's books

by Alvin Tresselt, *Dean of Faculty*

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally, right out of your own life. And while it's still a challenge, the odds of getting that first, unforgettable check from a children's publisher are better than they are from any other kind of publisher I know.

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"The course has helped me more than I can say," writes Jody Drueding, Boston, MA. "It's as if a little bird that was locked up inside of me has just been given the freedom of the garden."

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"I'd take the course again in a heartbeat!" says Tonya Tingey, Woodruff, UT. "It made my dream a reality."

"...it is comforting to know that there are still people out there who deliver what they promise," writes Meline Knago, Midland, TX. "The Institute is everything it says it is—and maybe even more."

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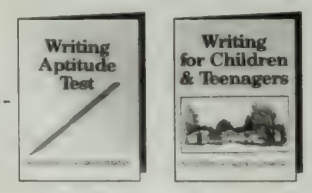
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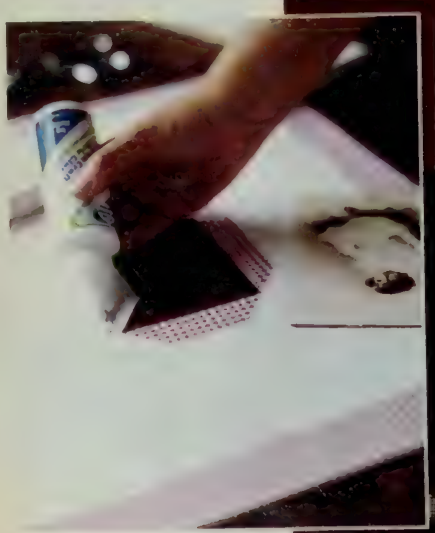
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THE FRANKLIN MINT

continued from page 27



Because of its tight weave, sheet fabric frays very little. Even so, it's a good idea to add a tiny dot of glue to the inside corners (*below*) to prevent any stray threads from popping out.



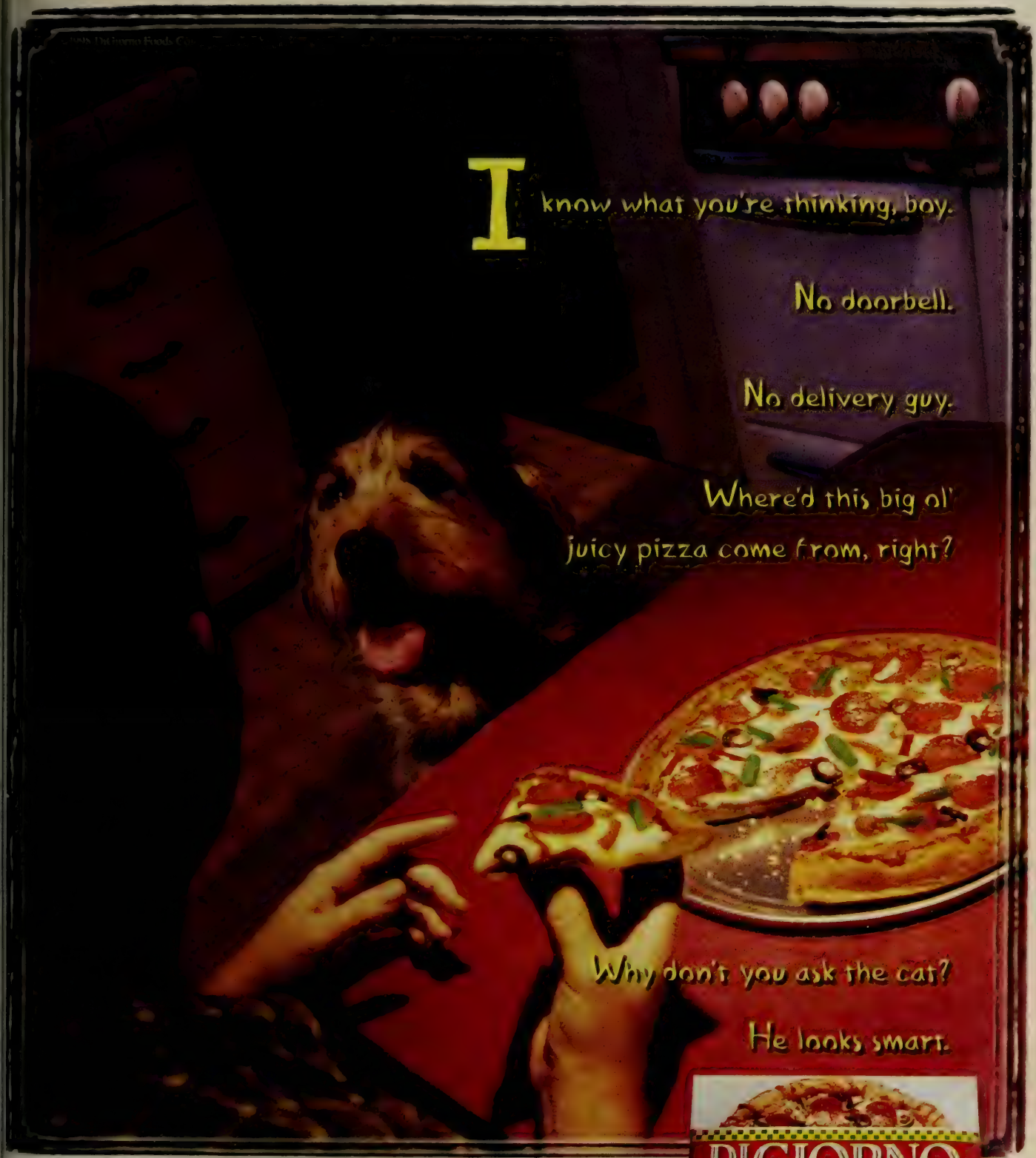
Matters of taste. Pillowcases, scraps left from other projects, or flawed sheets from the bargain bin offer up enough yardage for fabric-covered mat boards. Small prints work best for this project.

Purchase a precut mat board or have one custom-cut to fit your photos and frames. Cut the fabric pieces 1 inch larger than the mat board. Using a foam brush, apply a light coat of white crafts glue on the front side of the mat. Center the fabric over the mat and smooth it in place. For the photo window, cut the opening 1 inch smaller on each side than the actual mat opening. Cut diagonally into each corner. Pull the center fabric to the back and glue it in place. Place the mat under a heavy book or other weight and let it dry.

After the mat dries, attach your photograph to the mat back with tape. Add a solid piece of mat board the same size as the first for backing and place both in the frame.

If you choose not to use glass, be aware that your photograph is unprotected. Consider framing a copy of the original instead. With original heirloom photographs, use only archival-quality tapes and glues.

continued on page 32



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continued from page 30



Flat-front drawers work best because the fabric is glued to the front, then wrapped around the edges and glued and stapled in place. For beveled drawers, apply the fabric to the flat surface only. Paint the bevel a contrasting color.



Dressy drawers. Help an unfinished or worse-for-wear dresser get with the decorating program by covering the drawers in fabric that matches the bedding. A twin-size sheet will cover a three-drawer dresser. When cutting out the fabric, check pattern matches and repeats so the overall design is pleasing.

Cut fabric ½ inch wider on all sides than the drawer fronts. Mix equal parts of water and white crafts glue, and paint one drawer front with the solution. Working quickly, center the fabric on the drawer front and gently press it into place with a small rolling pin or credit card. Work from the center out, pushing air bubbles out the edges. Wrap the ½-inch fabric flaps to the drawer sides or back, and glue into place with full-strength glue. Add a row of hidden staples for holding power. Finish the rest of the drawers, then slide them into a dresser that's been painted with two coats of matching paint.

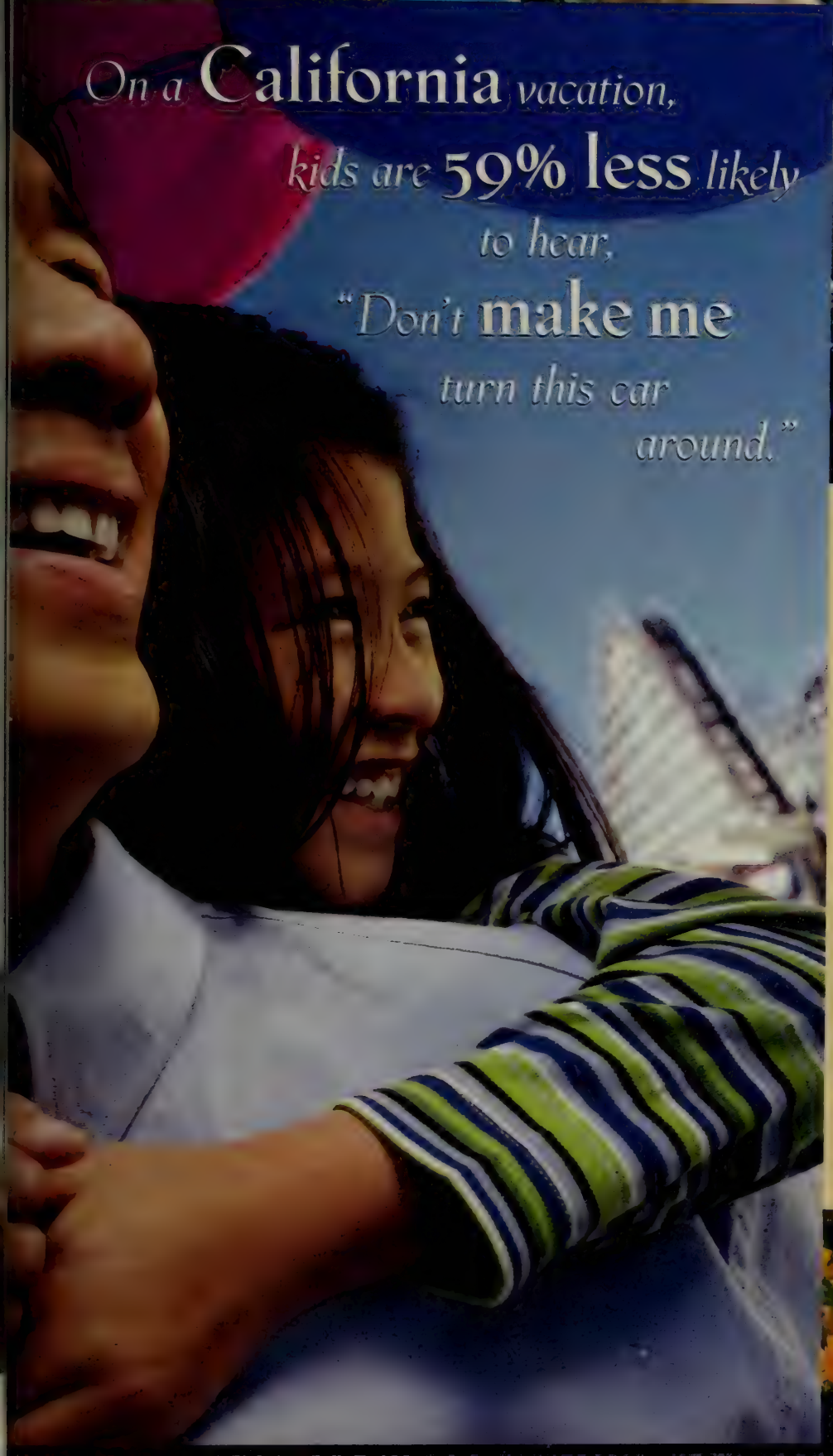
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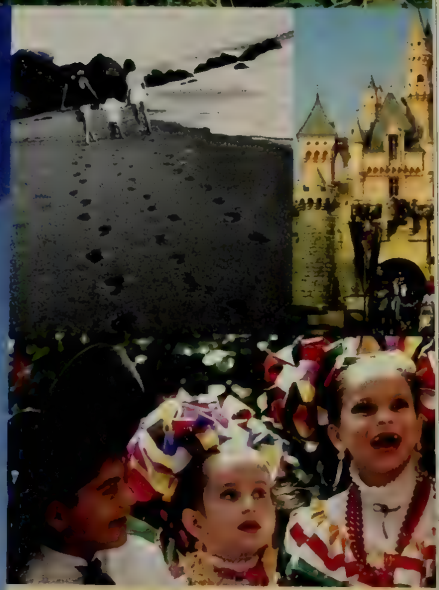






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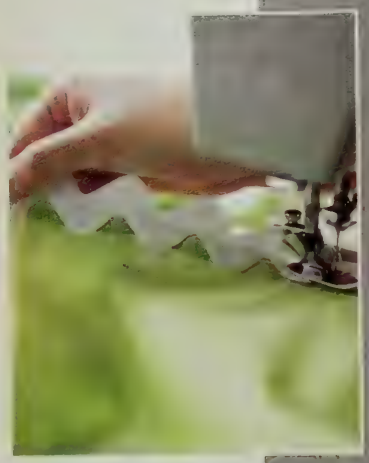
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continued from page 32



When adding rickrack, you don't have to sew back and forth along the trim—a straight stitch will hold it in place just fine. Align the rickrack so the bottom of the V meets the edge of the hem, then sew straight through the trim. After laundering, the rickrack may curl slightly. Steam ironing will flatten the trim to its original shape. (Be sure to prewash the trim before using—it may shrink slightly.)

Curtains for this one. Wider is better when it comes to drapery fabric—less piecing is needed. And sheets will fit almost any window size. Select a sheet that is 1½ to 3 times wider than your window. If the sides are already hemmed (most are not), skip to the rod pocket step in the next paragraph. If the sides are selvage edges, turn the edge under ¼ inch, then ¾ inch, and topstitch.

Determine the proper length for the curtain and add 2 inches for the rod pocket. For a balloon bottom like the one shown here, add 6 to 8 inches. (You won't need extra inches for the hem, since the sheet bottom already is hemmed.) Cut the sheet to the proper length. Turn the top edge under ¼ inch, then 1¾ inches to form the rod pocket. Topstitch.

Lay rickrack along the side hem on the curtain's wrong side. The lower point of the V shape should align with the edge. Sew through rickrack in a straight line. Tack in place at each end and finish with fray-checking liquid.

Buying information, page 122

Who Needs Jelly Beans.



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Prep Time: 10 minutes

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3. Spread remaining whipped topping over pudding mixture. Spoon remaining cherry pie filling over whipped topping layer. Refrigerate 3 hours. Makes 8 servings.





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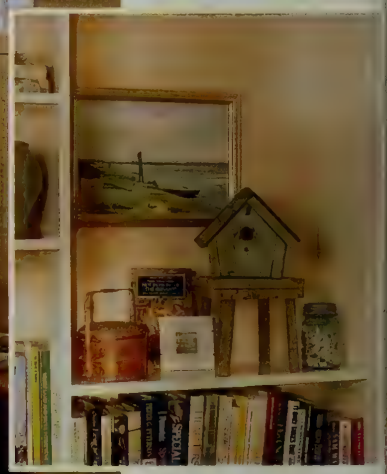
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Narrow bookshelves (*below*) tucked in at the foot of the bed add storage and character in a pint-size room. Lined with good books for guests to read, the shelves also display personal mementos, such as seashells and a framed greeting card.

PHOTOGRAPHS: ROSS CHAPPLE REGIONAL CONTRIBUTOR: EILEEN DEYMIER

feathering your nest

by Kristine Kennedy

FLUFFING UP YOUR SLEEPING QUARTERS ISN'T JUST FOR THE BIRDS. COZY DESIGN AND COMFORTING DETAILS MAKE THESE SMALL BEDROOMS FUN TO FLY HOME TO.

warm understatement This tiny guest bedroom soothes because furniture doesn't overpower the space. An antique birdhouse, perched on an existing built-in cube, makes a whimsical headboard for a simple twin bed dressed with a linen skirt and an old quilt. Chosen for their airiness, a bamboo chair and folding table have a similar lighthearted appeal. Simple plantation shutters don't clutter the view. Because the room lacks closet space, a wicker chest at the end of the bed comes in handy as a hideaway for linens.

continued on page 40

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Maxwell House *Lite*® Half the caffeine. And the full, rich flavor of regular coffee.

feathering your nest

continued from page 38

bed on high Sneaky, deep-drawer storage under the bed (*below*) gives this small master bedroom a fun, shipshape feeling. Plus, the raised platform lifts this throne of a bed up for a crow's-nest view of the outdoors. The windows, trimmed in white and left unadorned, contribute to the illusion of spaciousness. A pale yellow and beige color scheme reinforces the light look. To maximize the room's function, a reading nook and balcony provide additional lounging spots.



PHOTOGRAPHS: MIKE JENSEN; REGIONAL CONTRIBUTOR: TRISH MAHARAM



Window seats tucked into a bay form the perfect reading nook (*above*). Beadboard on the walls makes the enclosed space feel like a boat, especially on rainy days when spray hits the glass. To the right of the nook, a tall Japanese-style chest adds extra storage to the room.

continued on page 42



Surfing SoHo.

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PHOTOGRAPH: WILLIAM STITES. DESIGN: ANNIE OGILVIE INTERIORS. LOCATION: PEACOCK HILL COUNTRY INN

feathering your nest

continued from page 40

snug feeling The usual advice says that spare, clean-lined design makes a small room seem bigger. But if you long for a sink-in feeling, bright color and bold pattern are more embracing. A king-size pencil-post bed makes this room even cozier by creating a room-within-a-room effect. White walls and bed curtains strike a calm balance with the energetic wedding-ring-pattern quilt, striped chair, and floral bed skirt.

Red gingham cafe curtains and companion valances welcome sunlight while providing privacy. The gingham pattern cheerfully repeats in multicolor pillows.

continued on page 44


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PHOTOGRAPH: JON JENSEN. REGIONAL CONTRIBUTOR: HELEN HEITKAMP

feathering your nest

continued from page 42

budget beauty Layering an extra bedroom with character doesn't require a lot of money if you pull together the right secondhand buys. A pretty $1 chair accents this room's bargain desk and tables, which blend because the cane and wicker are similar in style. Pale walls give a colorful quilt the spotlight; positioning the bed in front of a shuttered window eliminates the need for an expensive and space-hogging headboard. This small room accommodates two different window treatments because the shutters and fabric are so simple.

Floor-to-ceiling built-in shelves offer a small room the most display space. Here, a collection of blue-and-white dishes includes a few quality antiques supplemented by inexpensive garage-sale finds.

continued on page 46

Fresh, clean, soft skin.

Your husband will love
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even if
he doesn't use it.



The fresh deodorant clean
with moisturizer
for all your 2000 parts.™

Lever 2000® Bodywash

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PHOTOGRAPH: JIM YOCHUM, REGIONAL CONTRIBUTOR: CLAUDIA FRANKLIN

feathering your nest

continued from page 44

center of attention A clever combination of elements turns this ordinary bed into the sumptuous focal point of a compact master bedroom. Pillows rest against a functional headboard while a hand-painted screen serves as a decorative backdrop. The bed tucks into a fabric alcove, which provides the feeling of a canopy without a full canopy bed. The alcove also directs maximum attention to the screen. Fabric swags hang from a frame made of vertical posts, 2×4s, and dowels.

Antique German lace adorns the windows without obstructing the view; throw pillows and the table covering echo the lace look. The concrete floor, painted an eggplant color, is waxed to a high gloss.

Buying information, page 122



escape the limitations of seasonal allergies

Ask your doctor about a trial of nondrowsy, 24-hour CLARITIN®.

Feel better, not "medicated."

One tablet daily gives you 24-hour, nondrowsy relief from seasonal allergy suffering.

Studies show that the incidence of drowsiness was similar to that with placebo (sugar pill) at the recommended dose. Drowsiness may occur if you take more than the recommended dose.

Experience the #1 prescription antihistamine.

CLARITIN® has been the leading prescription antihistamine worldwide since September 1994.*

CLARITIN® is well tolerated. It has a low occurrence of side effects, which occurred about as often as they did with placebo (sugar pill). Most common were headache, occurring with 12% of people; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%.

Nondrowsy antihistamines, such as CLARITIN®, are available by prescription only. Notify your doctor of other medication(s) you are currently taking. Consult your doctor for important information concerning this product.

For a $5.00 rebate certificate and important free information about seasonal allergy relief,

Call 1-800-CLARITIN ext. 245

(1-800-252-7484)

"Nothing but blue skies from now on"

Once-a-day

Claritin®

10 mg TABLETS (loratadine)

www.claritin.com

Please see next page for additional important information.

*These findings were based on a sales comparison of loratadine (US dollars) with other leading antihistamines. IMS International Prescription Audit. (September 1994 to November 1997).

"BLUE SKIES" By Irving Berlin © 1927 (Renewed) by Irving Berlin. Irving Berlin Music Company.

Schering / KEY

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CLARITIN®
brand of loratadine
TABLETS, SYRUP, and RAPIDLY-DISINTEGRATING TABLETS

BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN is indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the treatment of chronic idiopathic urticaria in patients 6 years of age or older.

CONTRAINDICATIONS: CLARITIN is contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day). (See **CLINICAL PHARMACOLOGY: Special Populations.**)

Drug Interactions: Loratadine (10 mg once daily) has been coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies in adult volunteers. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month carcinogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (rat primary hepatocyte unscheduled DNA assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenesis assay and the mouse bone marrow erythrocyte micronucleus assay). In the mouse lymphoma assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at an oral dose of 64 mg/kg (approximately 50 times the maximum recommended human daily oral dose on a mg/m^2 basis) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at an oral dose of approximately 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m^2 basis).

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses up to 96 mg/kg (approximately 75 times and 150 times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for loratadine and descarboethoxyloratadine, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and descarboethoxyloratadine was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN is administered to a nursing woman.

Pediatric Use: The safety of CLARITIN Syrup at a daily dose of 10 mg has been demonstrated in 188 pediatric patients 6-12 years of age in placebo-controlled 2-week trials. The effectiveness of CLARITIN for the treatment of seasonal allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of CLARITIN in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar to that of the adults. The recommended dose for the pediatric population is based on cross-study comparison of the pharmacokinetics of CLARITIN in adults and pediatric subjects and on the safety profile of loratadine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The safety and effectiveness of CLARITIN in pediatric patients under 6 years of age have not been established.

ADVERSE REACTIONS: CLARITIN Tablets: Approximately 90,000 patients, aged 12 and older, received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS IN PATIENTS 12 YEARS OF AGE AND OLDER

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TERFENADINE 60 mg BID n = 684
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled chronic idiopathic urticaria trials were s ilar to those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or r although the number of nonwhite subjects was relatively small.

CLARITIN REDITABS (loratadine rapidly-disintegrating tablets): Approximately patients received CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) in c trolled clinical trials of 2 weeks' duration. In these studies, adverse events were simila type and frequency to those seen with CLARITIN Tablets and placebo.

Administration of CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) did result in an increased reporting frequency of mouth or tongue irritation.

CLARITIN Syrup: Approximately 300 pediatric patients 6 to 12 years of age recei 10 mg loratadine once daily in controlled clinical trials for a period of 8-15 days. Am these, 188 children were treated with 10 mg loratadine syrup once daily in placebo-c trolled trials. Adverse events in these pediatric patients were observed to occur with t and frequency similar to those seen in the adult population. The rate of premature disc tinuance due to adverse events among pediatric patients receiving loratadine 10 mg d was less than 1%.

ADVERSE EVENTS OCCURRING WITH A FREQUENCY OF ≥ 2% IN LORATADINE SYRUP-TREATED PATIENTS (6-12 YEARS OLD) IN PLACEBO-CONTROLLED TRIALS, A MORE FREQUENTLY THAN IN THE PLACEBO GROUP

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 188	PLACEBO n = 262	CHLORPHENIRAMI 2-4 mg BID/TID n = 170
Nervousness	4	2	2
Wheezing	4	2	5
Fatigue	3	2	5
Hyperkinesia	3	1	1
Abdominal Pain	2	0	0
Conjunctivitis	2	<1	1
Dysphonia	2	<1	0
Malaise	2	0	1
Upper Respiratory Tract Infection	2	<1	0

In addition to those adverse events reported above (≥ 2%), the following adverse eve have been reported in at least one patient in CLARITIN clinical trials in adult and pedia patients:

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hy esthesia, impotence, increased sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest p earache, eye pain, fever, leg cramps, malaise, rigors, tinnitus, viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, supraventricular tac arrhythmias, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyp tonia, migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Altered taste, anorexia, constipation, diarrhea, dyspepsia, f ulence, gastritis, hiccup, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depressi impaired concentration, insomnia, irritability, paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemc ysis, laryngitis, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, prurit purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration, urinary incontinence, urin retention.

In addition, the following spontaneous adverse events have been reported rarely dur the marketing of loratadine: abnormal hepatic function, including jaundice, hepatitis, hepatic necrosis; alopecia; anaphylaxis; breast enlargement; erythema multiforme; peri eral edema; and seizures.

OVERDOSAGE: In adults, somnolence, tachycardia, and headache have been repor with overdoses greater than 10 mg with the Tablet formulation (40 to 180 mg). Ext pyramidal signs and palpitations have been reported in children with overdoses of grea than 10 mg of CLARITIN Syrup. In the event of overdosage, general symptomatic and s portive measures should be instituted promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except patients with impaired consciousness, followed by the administration of activated charc to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gas lavage should be performed with normal saline. Saline cathartics may also be of value rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is known if loratadine is eliminated by peritoneal dialysis.

No deaths occurred at oral doses up to 5000 mg/kg in rats and mice (greater than 24 and 1200 times, respectively, the maximum recommended human daily oral dose o mg/m^2 basis). Single oral doses of loratadine showed no effects in rats, mice, and monke at doses as high as 10 times the maximum recommended human daily oral dose o mg/m^2 basis.

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Kenilworth, NJ 07033 USA

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CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) are manufactured Schering Corporation by Scherer DDS, England.

U.S. Patent Nos. 4,282,233 and 4,371,516.

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ADVERTISEMENT

Atlanta Housewife Investigated And Almost Arrested For Losing 73 Pounds

By Sharon Louise Brodie, R.N., M.S.N.

I began writing this at a very low point in my life.

First, my husband left me like a thief in the night. I had been at nurses' training classes until 11:30 P. M. When I returned home, there was a note on the kitchen counter saying he was sorry but "... the fire has died." How original!

Anyway, he took most of my personal belongings including my furniture, my share of our savings account — even the sheets off our bed.

And, no matter what his note said, I know the real reason he left. It was because I was overweight. Very overweight. I was 5'7" and weighed 210 pounds at the time. You'd think a nurse could do something about her weight. But I couldn't.

I spent $399.95 on a home gym. I tried acupuncture. I tried hypnotism. I'd tried sixteen different diets and failed at all of them.

Let me tell you something. In my humble opinion diets *don't work!* Period. I tried almost every popular diet you could think of. The problem wasn't losing the weight. It was keeping it off once you lost it.

I just couldn't go through life starving myself. Or taking dangerous pills. Or drinking those chalky-tasting "shakes" every day.

I became nervous. Irritable. And hungry. Always hungry. So any little thing triggered my anger. I was a bear. Or another "B" word.

Finally I'd binge. It was always the same. I'd buy a box of chocolate filled donuts — usually a dozen. The real good kind. Then I'd drive around in my car with the donuts next to me on the front seat, eating and listening to Rocket 105.

It was my mother who finally talked me into getting real help. She made an appointment for me with our family doctor.

He took my history, listened to my complaints about diets and then recommended a program that was completely different from anything I'd ever seen before.

This wasn't a "diet." It was totally different. I started the program on May 17th. Within the first four days, I only lost three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Regularly. Within the next 196 days, I went from 202 to 129 pounds. This may not seem like a lot. But, to me, it was a miracle. This was the first time in my life I'd ever been able to lose weight — *and keep it off!*

Here, at last, was a program I could *live* with. Why? Because I was allowed to eat. Three delicious meals. Plus several snacks. Every day. Seven days a week.

So I wasn't hungry. I wasn't irritable. I wasn't bingeing on donuts.

But, I was *losing weight!*

I know what you're wondering. How can a person eat so much and still lose weight?

The secret is not in the *amount* of food you eat. It's in the *prescribed combination* of specific foods you eat during each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates and certain proteins that generate a calorie-burning process which continues all day long.

But the heart of the program is what researchers call The Thermic Effect. In laymen's terms it means that the Clinic-30 Program *extends* your metabolism so calories are burned more consistently. Not just in unhealthy "spurts" like many diets. That's why it allows you to lose weight without feeling hungry. Without feeling irritable. Without feeling bored with all those "shakes" and bland meals.

The Clinic-30 Program is marvelously different!

You'll enjoy meat, chicken, fish, vegetables, potatoes, pasta, soups, baked goods, sauces — plus great-tasting snacks. Lots of snacks.

You'll also enjoy the variety.

There are literally hundreds of selections and combinations to choose from. Some are gourmet meals. Others just soup and sandwiches.

Here are some other features —

- There are no special foods to buy.
- There are no pills. No powders. No artificial food. No drugs. No strange or "herbal" foods.
- You don't count calories. You don't keep diaries. Simply stick with the program. It's easy-to-follow. Everything is explained on a day-by-day basis.

Why haven't you heard about the Clinic-30 Program on TV? Or in newspapers?

The original program, developed by Dr. J.T. Cooper, M.D., was given to senior medical school students, interns and doctors who were taking in-service training in family practice. So it's doctor-tested. But until it was published by Green Tree Press, Inc., it was *only available* to doctors. No one else. And it's still *only* available directly through the doctor's publisher, Green Tree Press.

Here are a few comments from people who purchased the Doctors' Clinic-30 Program ...

Kitty R. wrote to say she lost 56 pounds and went from a size 18 to a size 10 dress.

"The Clinic-30 Program works! I'm an example. What I like best is that I can eat six times a day and lose weight! I recommended it to a couple of friends and they started losing weight, too!"

Anne G., High Point, NC loves wearing a size 10!

"I lost 25 lbs. in two months. I talk about it so much that others in my workplace have bought their own programs."

And then there's me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver's license he claimed it wasn't mine. He said it had someone else's picture on it.

After he called for a computer check, he came back to the car smiling. "You must have lost a lot of weight. This picture doesn't even look like you." I agreed. In a way, it was one of the nicest "warnings" I'd ever received.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation.* In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

If you're not absolutely delighted with the Clinic-30 Program, simply return it and we'll promptly return your *original uncashed check.* No conditions. No hassle. Our customer service number is (814) 833-6353.

Or keep it longer. Try it for six months. Even then, if you're not fully satisfied, you'll receive a complete refund. Promptly. And without question. This is the fairest way we know to prove to you how well the program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 264, 3603 West 12th Street, Erie, PA 16505.

IMPORTANT NOTICE

Please do not allow yourself to become too thin.

It's very important to consult your physician before commencing any weight-loss program because everyone's results will vary.

The message on this page is taken from — and directly reflects — the contents of the Clinic-30 Program.

We would appreciate your comments. Please write and let us know how you're doing. J.T.C.

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Q.
HAPPY
20TH
BIRTHDAY



1. It's Pergo's birthday, but you can get the rebates and cool gifts.
2. 20 years. Seems like just yesterday that we invented laminate flooring.
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6. You're invited. Call 1-800-33-PERGO (a.k.a. 1-800-337-3746) code 020.
7. Consider it your invitation for savings.
8. And you still get the 15-year triple warranty against wear-through, stains and fading.
9. The party lasts all year. The rebate ends May 31, 1998.
10. Make a wish and blow 'em out.

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design

Stencil Over Glass



A spray-painted stencil design adds privacy to a window that's too tiny to drape with fabric.

by Catherine Kramer



A precut stencil and latex spray paint yield beautiful details on small glass windows. Look for both at crafts stores and home decorating departments.

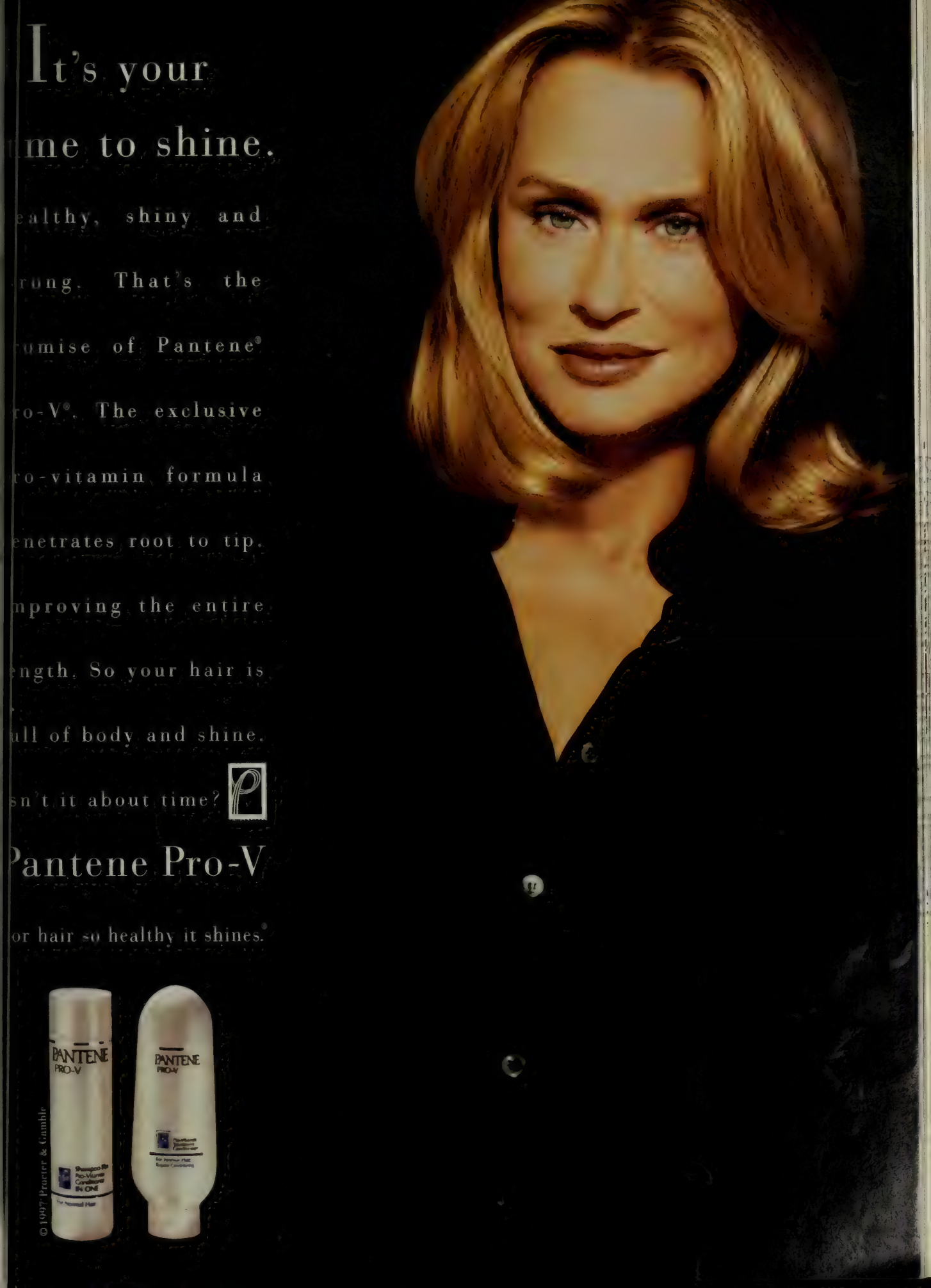
Soften your view of the world with a simple stenciled design that is sprayed directly on a window. With a little white latex spray paint, you'll have the look of etched glass at a fraction of the cost. The stencil gives you a bit more privacy, but still lets in the light.

Choose a precut stencil pattern that fits your window, or cut apart a stencil and reconfigure it to fit. You can also design and cut your own from Mylar plastic, found at crafts stores. Select a simple motif from your wallpaper, and trace and cut it from the plastic. If the stencil will run both vertically and horizontally, make sure the design works in both directions.

First, trim sides of plastic, if needed, so it fits within the window's frame. Work out the design so it is centered on the window. Mark the beginning and ending points of each placement with tape. You may have to adjust spacing between repeats or use only a partial design at the ends.

Spray the underside of stencil with stencil adhesive. Press to inside of window. Tape edges with painter's tape to catch straying paint. Spray latex paint over stencil using long, even strokes. Several light passes give a more even coat and avoid runs and drips. Let dry slightly, reposition stencil and repeat the process. When dry, clean up shaggy spots with a razor blade.

Your painted stencil will last several months if protected from scratches. To remove or change design, scrape away paint with a razor blade.


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design

Ribbon Lampshade



Wire-edge ribbon adds a touch of romance to a sponge-painted lampshade.

A basic lamp goes one shade better with the help of sponge-painting and wire ribbon. A self-adhesive shade and wire-edge ribbon are the keys to this easy project. Paper shades work best since fabric may fray at the cut lines. Choose ribbon that's in proportion to the lampshade. We used 1-inch-wide ribbon for a shade that's 9 inches tall. A 1-to-9 ratio is a good guideline.

Materials: self-adhesive shades (available at fabric and crafts stores) or paper shades, which will allow paint to adhere; rice paper to fit the adhesive shade; tacky crafts glue; wire-edge ribbon to fit the bottom of the shade plus 1 yard; acrylic paints to match the ribbon; natural sea sponge (available at crafts and paint stores); paper clips; crafts knife.

Instructions: Following the manufacturer's directions for the adhesive shade, cut the rice paper to fit the lampshade pattern, then apply it to the lampshade. Sponge-paint the shade with one or more colors. Make sure the painting is even by turning the lamp on. However, do not work with lamp plugged in or turned on.

Measure the circumference of the bottom of the shade and find the halfway point opposite the back seam. Divide the space between the seam and halfway point into increments spaced 2 to 3 inches apart. Mark these increments with paper clips. Measure the width of your ribbon. At the point opposite the back seam and 1 inch up from the bottom edge, cut a vertical slit that measures ⅛ inch longer than the width of the ribbon. Cut parallel slits ¼ inch from either side of the first slit. Continue around the shade, cutting two vertical slits at each paper clip.

Starting at the set of three slits, push the ribbon into the center slit, back out the next slit, and continue weaving it around the shade. Pull the end back out of the original slit. Tie the two ends in a bow and trim.

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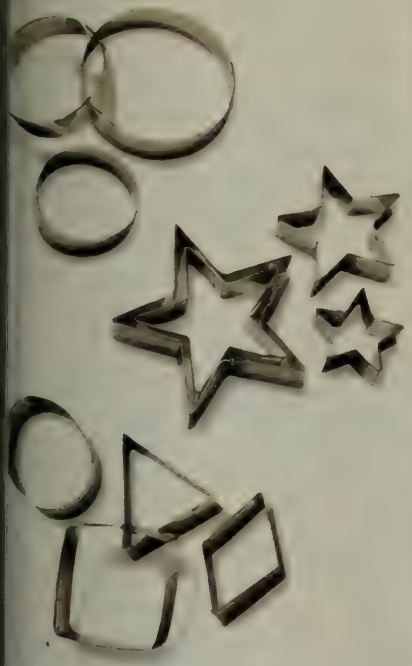
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Crafty Cutters



Hey kids! Hey parents! Read our BH&G Kids® feature (*page 258*) and you'll be inspired to try the Wiggle Jiggles project. This set of **Crafty Cutters** will get you started.

Rugged and reusable, our 11-piece tin-plated cutter set from Fox Run Craftsmen includes four stars (2, 3, 4, and 5 inches across), three circles (2½, 3, and 4 inches in diameter), and four more geometric shapes (diamond, square, triangle, and oval). You'll use them on all sorts of tracing, cutting, and molding projects.

The price of the set is $13.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9804, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call us toll free at 800/881-4066.



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tips, tools & techniques

UPKEEP IDEAS FOR YOUR HOME

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

In the Bag

The sleeve of a worn-out sweatshirt makes a great container for plastic grocery bags. Stuff the bags in the wide end and pull them out at the cuff. The elastic in the cuff will keep bags contained. Sew a loop of fabric or cord on one side and you can hang the sleeve inside your pantry or broom closet.

Ruby Dillman
Fresno, Calif.

A Tiny Trowel

A metal shoehorn can be used in the garden as a miniature trowel. It's sized just right for transplanting seedlings, scooping up small amounts of soil, or taking on other pint-sized tasks.

Vivian Preston
Barberton, Ohio

Clean Up the Cap

If you measure your liquid laundry detergent with the container's cap but don't like the gooey residue that builds up, simply toss the cap in with your next load of laundry. It will come out clean, save you the trouble of having to rinse it out, and put the extra detergent to good use.

M. Babs Babbitt
Lakeland, Fla.

Spill-Free Plant Watering

Use 1- and 2-liter water bottles with pop-up caps to water your indoor plants. You'll avoid the drips and spills that watering cans and carafes can cause.

Annmarie Santavicca
Auburn Hills, Mich.

A Well-Placed Penny

Put coins inside the slip-resistant rubber feet on tubular metal step-ladders. They will help prevent the sharp edges of the legs from cutting into the rubber.

Harold Sheard
Pueblo, Colo.

Fresh Air, No Deer

Need a short-term solution to keeping deer out of your garden? Try hanging car air fresheners on your favorite vegetables or plants. The odor will discourage deer from dining in your garden.

Susan McNamee
Stow, Ohio

Easy Duster

Dusting louvered doors and shutters doesn't have to be a difficult job. Try cleaning them with a 4-inch, soft-bristled paintbrush coated with a spray of furniture polish.

Margaret Metzger
Fullerton, Calif.

Living Valance

Suspend a drape rod above a sunny window, then hang potted plants from it. The plants bring a splash of color to your room and create upper-window privacy.

Lee-Ann R.B. Baxmeyer
Weehawken, N.J.

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $50. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

relaxed living, defined

Welcome to the world of hues™ by Broyhill where decorating is as simple as choosing fabrics in the colors you love. Select fabrics from the five color palettes of hues: *the blues, greens, naturals, earthtones* or *brights*. Shown below are the bold hues *brights*: fabrics lifted from your closet — white-piped denim, plaid cotton shirtings and a sassy sundress floral — and mixed and matched for a look as comfortable as weekend wear. Round out the room with the Millwood Creek® collection for a casual, versatile look. Sofa with four contrasting pillows, $899-999*; Chair-and-a-Half, $699-749*; Ottoman, $399-449*; Sweater Chest, $525, and Commode End Table, $280.



introducing

Broyhill®

hues

The hues™ *blues.* What could be crisper than America's favorite color paired with a soft, marshmallow white? The look and feel of the seersucker Sofa, with blue welts and contrasting pillows, $899-999*, says settle in, this is easy living. A muted floral (there's a hint of sage here) wraps the Arm Chair, $499-549*. The refined lines and honey-finished pine solids and veneers of Millwood Creek® are as timelessly classic as your favorite pair of jeans. The simple styling of the Entertainment Armoire, $1315, hides a world of storage options for TV, VCRs, video games or disc players. *Also shown:* Cocktail Table, $280, and Commode End Table, $280.









style, pure & simple

The Millwood Creek Pencil Post Bed with Canopy, $815**, is style, pure and simple. The Home Office Armoire, $1000, also shown open at right, is designed to hold a printer and CPU. The keyboard and lower shelf slide for easy access. *Also shown:* Night Stand, $275, and Blanket Chest, $525. The Door Chest, shown above right, $840, converts to house a TV. *Below right:* The Sofa, $999-1099*, from the hues™ *brights* collection, is wrapped in a muted cream-on-cream, with two contrasting, tapestry pillows. Corresponding Chair, $699-749*, sports a dress-shirt striping. Side-by-Side Entertainment Center, $1025, is another smart solution for electronic storage and features casters, pocket doors, and adjustable shelves behind glass doors. *Also shown:* Display Cocktail Table, $625, and Chairside Chest, $315.



*Upholstered pieces are also available in other hues fabrics. Prices vary according to fabric selections. Pillows included in price of sofa.
**Queen bed shown. King also available. Rails not included.

Broyhill®





sweet dreams

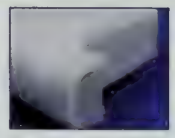
Simply styled to last a lifetime: the queen size Sleigh Bed, $825, with wide rails, suits a girl's room or a sophisticated, adult setting. *Also shown:* Door Triple Dresser, $850; Framed Landscape Mirror, $225, and Night Stand, $275.

Smart Buys® from **Broyhill®**

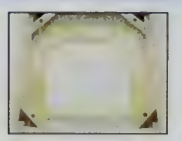
1-800-3-BROYHILL (1-800-327-6944)
Call Broyhill Consumer Assistance Center
8:30am-5:00pm EST
Broyhill Furniture Industries, Inc.
Lenoir, NC 28633
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*Manufacturer's suggested "Smart Buys" prices effective through June 30, 1998.
Prices may vary at individual retailers.
All items may not be available at all locations.
Furniture items may be specially ordered. AD#0498

THE BROYHILL DIFFERENCE®



The 1.8 density polyurethane foam seat cushions, wrapped in durable polyester fiber, provide the ultimate in relaxed seating comfort.



Chair bottoms are constructed with four corner blocks and are then securely fastened with wood screws to guarantee structural durability.

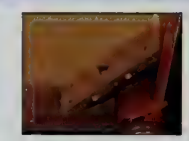


Table legs are bolted, glued and further supported with corner bracing to ensure greater stability and increased strength.



Look in the top left drawer or under the seat cushion and make sure it's Broyhill.

Look In The Drawer & Make Sure It's Broyhill®

The items on these pages may be purchased at the following Broyhill Dealers:

CALIFORNIA

Anderson	Kueblers Furniture*
Atwater	Passadoris Furniture
Buena Park	Sears Homelife
Cerritos	Sears Homelife
Chico	Austins Home Furnishers*
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	Sears Homelife
Clearlake	Curry's Furniture
Concord	Sears Homelife
Corona	Sofa Center
Costa Mesa	Sears Homelife
Covina	Sears Homelife
Crescent City	Kueblers Furniture*
Eureka	Hi-Valu Furniture & Appliance
Fresno	Fashion Furniture
	Sears Homelife
Glendale	Sears Homelife
Hanford	Salmons Furniture Galleries*
Hayward	Sears Homelife
Hollister	Fortinos Total Home
La Jolla	Sears Homelife
Laguna Hills	Sears Homelife
Lakeport	Curry's Furniture
Lodi	Saks TV & Home Furnishings
Los Angeles	Furniture Town Inc.
	Sears Homelife
Manteca	Hafers Home Furnishings
Marysville	B. J. Richardson Home Furniture*
Montclair	Sears Homelife
Monterey	Furniture Mart
Moreno Valley	Sears Homelife
Napa	Silverado Furniture Co.
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Oakhurst	Matthews Fine Furniture
Ontario	American Furniture
Orange	Sears Homelife
Oxnard	Sears Homelife
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San Bruno	Sears Homelife
San Diego	Vantage Interiors*
San Jose	Image Home Furnishings
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Torrance	Sears Homelife
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Also available in Canada at:

ALBERTA		**NOVA SCOTIA**	
Red Deer	Sims Furniture Ltd	**Dartmouth**	Gallery 1 Furniture
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Coquitlam	Sandys Furniture*	**London**	The Table & Chair Co. Inc
Richmond	Sandys Furniture*	**North Bay**	Marshalls Furn. Pl

* Denotes Broyhill Showcase Gallery

Siding That Sparkles

When your "last-forever" vinyl or aluminum siding begins to show wear, don't jump to the costly conclusion that you have to tear it off and replace it. Give it a coat of paint instead. Vinyl and aluminum siding may be guaranteed to protect your home for 50 years, but nobody guarantees how these materials will look that far down the road.

Like any surface that's exposed to the harsh outdoor environment, siding will eventually show wear. When it does, you may be able to bring back its original luster with a paint job. Here are four tips:

1 Wash it. Washing by hand, with warm water and car-washing detergent will do the job, but power washing is faster and more convenient. Power washers, much like the kind found at do-it-yourself car washes, can be rented at local rental shops. High-pressure sprayers that can be connected to garden hoses are available at hardware stores and home centers.

2 Remove the oxide. Aluminum surfaces may require some extra work. With aluminum, the coating can begin to erode and chalk, and, if the metal becomes exposed, it can oxidize. If aluminum siding has oxidized, you will need to remove the white residue carefully with steel wool or sandpaper, then give the surface a thorough cleaning. *Do not try this with vinyl siding because it will cause deep, irreparable scratches.*

3 Kill the mildew. Mildew is a common problem under porch ceilings, eaves, or soffits. To kill it, apply a diluted bleach solution, then rinse until it is clean.

4 Pick light colors. Finally you are ready to change the color of the original aluminum or vinyl siding. But if you have vinyl siding, don't choose a darker color. Dark colors absorb more heat from the sun and can cause vinyl siding panels to buckle.

To get the best results, spend a little extra money for superior paint. You'll get a durable and long-lasting finish from a top-quality acrylic latex paint. It's designed to adhere steadfastly to any factory-finished siding, preventing such common paint problems as peeling, blistering, and flaking.



Many paints also contain additives that resist mildew and ensure uniform coats, allowing you to reproduce the appearance of the original siding. (If aluminum siding is dented, use a flat finish to help hide the damage.) The flexibility of acrylic latex allows it to expand or contract with the siding as it heats or cools during daily and seasonal temperature changes. Quality paint may cost as much as $25 per gallon. ⌂

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◀ VINE-DRAPED ARBOR

This gate works double duty as an eye-catching entry and a piece of garden sculpture. Lavender trumpet creepers cascade from an arbor perched above a pair of hefty concrete pillars. Bluish-gray stain brings subtle color to the arbor, gate, and tall fencing.

Gates and Fences

by James A. Hufnagel

Years ago, homeowners built fences around their yards to keep out wandering livestock, and gates served as purely utilitarian points of entry. Today fences and gates do much more. They can be used to define outdoor spaces, create dramatic entryways, or keep the pets *in* the yard. Here's a sample of our favorites.

continued on page 60

"Madame Alexander and Coca-Cola®.
I look at it as one great American legend
saluting another."





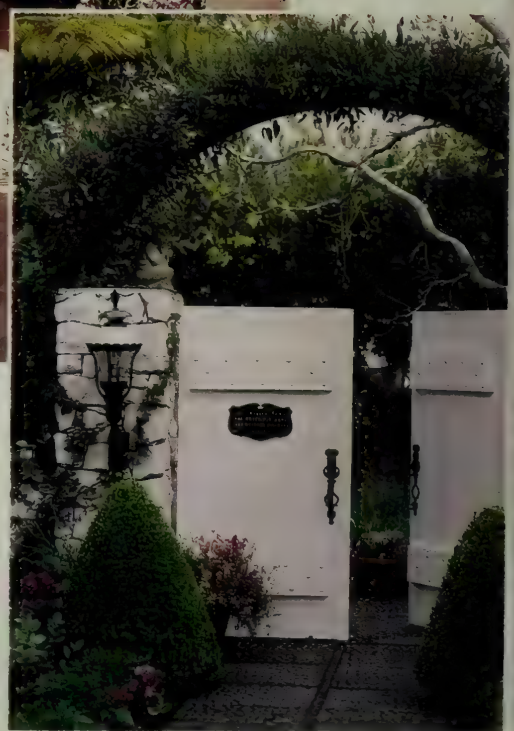
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ALEXANDER DOLL COMPANY, INC.



◄ TILE-TOPPED ROOF

To create privacy from the street yet still offer a sense of arrival, architect Jim Morton designed this gated courtyard entry for a Northern California home. Step under the tiled roof and past the heavy, paneled gate, and you'll know you're in a special place.



FRIENDLY ENTRY ►

The inscription on this double-doored gateway reads: "Who passes thru this friendly gate comes neither too early nor stays too late." Hardenbergia vines bridge two stone pillars to create a transom above the wide entryway.

continued on page 64


Sweeter dreams.
Behold the power of Cheese.
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Gates and Fences

OLD FENCES ► LIVE AGAIN

With a spirit Tom Sawyer would have appreciated, homeowner Caroline French built this fence without making a single trip to the lumberyard. Instead, she recycled parts from two old fences: one built with 1×2s, and the other with pickets. Caroline interspersed the two styles, then topped the posts with stones to add whimsy.







◄ PICKET PRETTY

Inspired by a Victorian-era design, this scalloped fence and elegant gate were built from custom-cut cedar pickets and posts. The posts are topped with ready-made caps and balls purchased from a local lumber supplier.

Buying information, page 122



The all-new Mazda 626.

Standard on the 1998 Mazda 626 ES-V6: • 2.5L DOHC V6 engine • Variable Resonance Intake System • Patented Twin Trapezoidal Link (TTL) suspension • ABS • AM/FM/CD stereo with Bose® speakers • Leather interior • Power driver's seat • Battery saver system • Security system with immobilizer feature*

**Seating surfaces upholstered in leather except for vinyl on seat side panels, rear sides of seatbacks and other minor areas.*

Engine software makes acceleration an extension of your mind, not just your foot. Electronic traction control keeps you grounded to all manner of passage and pavement. Your choice of automatic or 5-speed manual transmission frees you to go your own way. And a Bose® music system helps you arrive in perfect harmony. The all-new Mazda 626 has been retooled, refined, and reborn. In fact, with more room in the cabin and more power under the hood, it's virtually redefining the midsize sedan. And that's definitely a new idea whose time has come.

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SENTINEL™ (milbemycin oxime/lufenuron) Tablet Brief Summary: Please consult full package insert for more information. **Indications:** SENTINEL tablets are indicated for use in dogs and puppies, four weeks of age and older, and two pounds body weight or greater for the prevention of heartworm disease caused by *Dirofilaria immitis*, for the prevention and control of flea populations, the control of adult *Ancylostoma caninum* (hookworm), and the removal and control of adult *Toxocara canis* and *Toxascaris leonina* (roundworm) and *Trichuris vulpis* (whipworm) infection. **Precautions:** Prior to administration of SENTINEL Tablets, dogs should be tested for existing heartworm infections. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy may occur after treatment of dogs carrying a high number of circulating microfilariae. **Adverse Reactions:** The following adverse reactions have been reported in dogs after giving milbemycin oxime or lufenuron: vomiting, depression/lethargy, pruritus, urticaria, diarrhea, anorexia, skin congestion, ataxia, convulsions, hypersalivation and weakness. **Caution:** U. S. Federal law restricts this drug to use by or on the order of a licensed veterinarian. **How Supplied:** SENTINEL Tablets are available in four tablet sizes; 2.3/46mg, 5.75/115mg, 11.5/230mg and 23/460mg. They are formulated according to the weight of the dog. Each tablet size is available in color-coded packages of six tablets each. **Storage Conditions:** SENTINEL Tablets should be stored at room temperature, between 59°F and 86°F (15°-30°C). ©1998 Novartis. SENTINEL and PROGRAM are trademarks of Novartis.

NAH/SEN-T/BS/1 04/97



MORE THAN $108,000 IN CASH & PRIZES OFFERED

Enter the 1998 Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest

Your home could be featured in *Better Homes and Gardens®* magazine.

We'd love to reward you on your next home improvement project.

Whether you're fixing up indoors or out, adding a new space or face-lifting the old, your ideas and efforts may rate a top award – and feature in our magazine!

PICK YOUR PROJECT

Two Categories – Twelve Divisions

You can win one of three cash awards in any of 12 divisions (eight Remodeling and four Decorating) plus a Grand Prize and two Runners-Up.

CATEGORY I – REMODELING

(Primarily structural home improvements. Awards for Class A – large, Class B – medium, and Class C – small projects.)

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodeling
- Interiors
- Additions
- Whole-House
- Restorations

CATEGORY II – DECORATING

(Solely cosmetic changes to your home's interior. Awards for First, Second, and Third Place projects.)

- Special Spaces: Child's room, home office, porch, and sunroom
- Public Rooms: Living room, family room, kitchen/great-room, formal and informal dining area, and entryway
- Private Rooms: Master bedroom, master bath, guest room, and bathroom
- Whole House Redecorating: Cosmetic changes to most of the major rooms in the house

CASH AWARDS

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The 700-room Radisson Cable Beach Resort offers a complete vacation experience for guests of all ages and interests.

Two Runners-Up: $4,000 each

CATEGORY I - REMODELING

Twelve awards given in each of the eight divisions:

Class A:	**$1,500**
Class B:	**$ 750**
Class C:	**$ 300**

Three merit winners in each class: $100
(Projects are classed by the scope of the effort.)

CATEGORY II - DECORATING

Three awards in each of the four divisions:

First Place:	**$1,500**
Second Place:	**$ 750**
Third Place:	**$ 300**

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement/decorating project completed in 1998 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited.

HOW TO ENTER

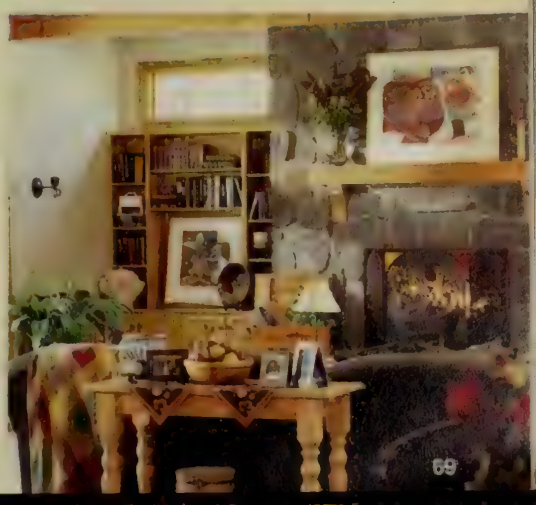
1. **RIGHT NOW:** Complete and mail the preliminary entry blank on the following page, or send a photocopy, by November 2, 1998. We'll send you complete details and entry materials, along with our official entry form.

2. **WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving floor plans, before and after photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1999.

3. **THE WINNERS:** *Better Homes and Gardens®* will select its winners on or about June 1, 1999. We will notify winners by mail and publish a selection of the top winners in upcoming issues.

WIN ADDITIONAL PRIZES

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project. *Please turn the page for additional prizes and entry form.*



Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest

SPECIAL AWARDS

$500 CASH AWARDS*

Following is a list of cosponsors providing $500 for best use of product.

Andersen® Windows and Patio Doors
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Clopay Garage Doors
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Heat-N-Glo
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KitchenAid
Kohler Co.
Lane Reclining Furniture and Sleep Sofas
Lexington® Furniture Industries
Martex
Marvin Windows & Doors
Merillat Industries
Minwax Company
Peachtree Doors and Windows
Peerless®The Do-It-For-Yourself Faucet™
Pella
Pozzi Wood Windows
Sherwin-Williams
Sunbrella® Fabrics by Glen Raven Mills, Inc.
Thomasville Furniture Industries

DON'T MISS OUT ON THESE SPECIAL AWARDS*

The following manufacturers are offering special prizes in addition to a $500 cash award.

Cosponsor Manufacturers Special Awards

Andersen® Windows and Patio Doors will give an additional $500 cash award to one winner selected from each of the following categories: Kitchen Shape-Ups, Additions and Whole-House, who used Andersen® Windows or Patio Doors in a significant way.

Broyhill Furniture Industries, Inc. will award $2,500 (retail value) of Broyhill furniture for the best use of Broyhill furniture.

Hunter Douglas will award $500 to any Class A and First Place winner who uses one of the following products. They will reimburse the cost of the product as well: Silhouette® window shadings, Vignette® window shadings, Luminette Privacy Sheers®, Duette® honeycomb shades or Lightlines™ miniblinds.

Kohler Co. will award an additional $1,500 to any Class A, B or C winner in the Bath Division who uses a Bodyspa (3.6 or 10 jet system) and $300 to the top winner in the Kitchen Division who uses a Kohler Cast Iron sink and an Avatar pull-out kitchen faucet.

Lane Reclining Furniture and Sleep Sofas will award one recliner with a retail value of up to $1,000 for the top winner of the Whole House Redecorating Division, when proof of purchase of Lane furniture is provided.

Merillat Industries will award a cash reimbursement for the exclusive use of Merilla or Amera Cabinetry to the Class A winne in each of the following categories: Kitche Shape-Ups ($5,000 maximum reimburse ment) and Bathroom Remodeling ($2,00 maximum reimbursement).

Minwax Company will award an additiona $500 cash prize for best use of a Minwa product on a new, previously unfinishe piece of furniture.

AND MORE ...

Special Home Furnishings Council Prizes* *(Details on the following provided in your entry packet.)*

- $3,000 Home Furnishings Counc Award to the winner of "Why M Home is My Haven" Essay Conte
- $1,000 Home Furnishings Counc Award to any winner who uses produc from a manufacturer member as a sub stantial part of his/her decorating projec

Farmers Insurance Company, the Official Insurance Company of the 1998 *Better Homes and Gardens*®/NAHB Remodelors Council Home Improvement Contest, wi provide a free copy of the *Better Homes an Gardens*® *New Cook Book* (retail value $24.9 to all entrants who have Farmers Insuranc coverage for their automobile or home.

Gets you back where you

* These prizes are void in Arizona, Maryland, North Dakota and Vermo

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Better Homes and Gardens®/NAHB Remodelors™ Council **HOME IMPROVEMENT CONTEST**

PRELIMINARY ENTRY BLANK

Must be postmarked no later than November 2, 1998

Send $3.00 for shipping and handling to:

Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest
P.O. Box 14494
Des Moines, IA 50306–3494

Check the project(s) you plan to complete in 1998.

REMODELING CATEGORY

- ☐ 1. Exterior Fix-Ups
- ☐ 2. Outdoor Improvements
- ☐ 3. Kitchen Shape-Ups
- ☐ 4. Bathroom Remodeling
- ☐ 5. Interiors
- ☐ 6. Additions
- ☐ 7. Whole-House
- ☐ 8. Restorations

DECORATING CATEGORY

- ☐ 9. Special Spaces: Child's room, home office, porch, and sunroom
- ☐ 10. Public Rooms: Living room, family room, kitchen/great-room, formal and informal dining area, and entryway
- ☐ 11. Private Rooms: Master bedroom, master bath, guest room, and bathroom
- ☐ 12. Whole House Redecorating: Cosmetic changes to most of the major rooms in the house

(Please Print)

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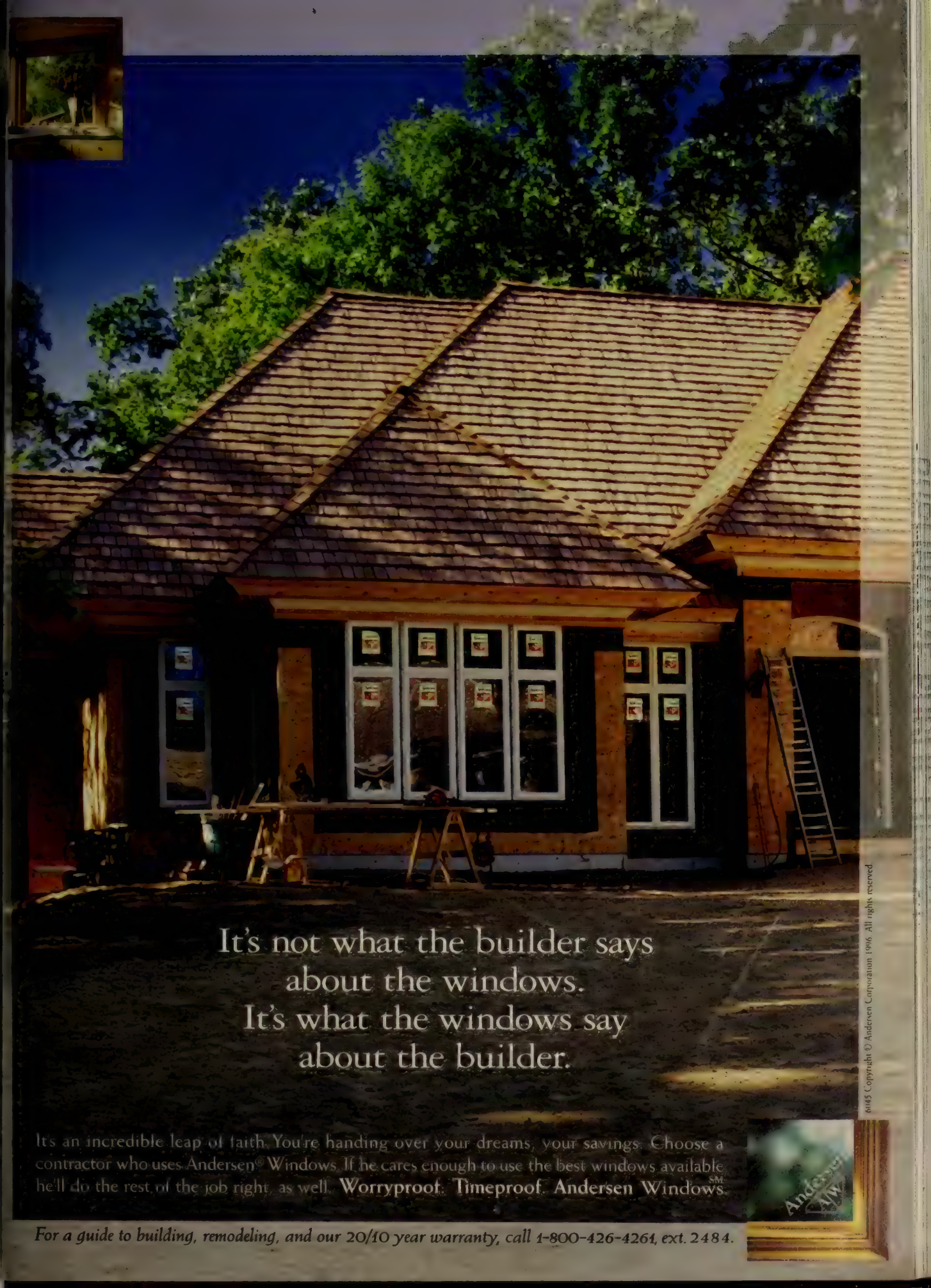
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Artful Arranging

by Catherine Kramer

When it comes to successful displays, the odds are with you. As a rule, odd numbers of items create more interest than even numbers. Likewise, a variety of shapes and sizes catches the eye.



KING AU

1. As awkward as a lineup of new recruits, this shoulder-to-shoulder arrangement of thin bottles is not pleasing to the eye. The even number of similarly sized bottles and even spacing between them make the grouping uninteresting. Keep in mind that even numbers look best when used in contemporary arrangements, such as two prints side by side or a set of four prints in a horizontal grouping.

Verdi's operas,
Shakespeare's comedies,
Trudy's baked Catfish.



2. Slide a few objects out, move another over, and this grouping starts to live a little. The two heavier bottles on the left side are visually balanced by the taller bottle on the right. Overlap the edges of two out of three of the items for more dimension and to ease the monotony of equal spacing. Liven the trio by adding some breathing space on the other side. As a rule, the space between the bottles should be less than the width of the bottle that stands alone.

3. For a bolder statement, add more objects to the grouping. Keep an odd number, but vary their shapes, sizes, and spacing. The plate in the background, set slightly off-center, pulls your eye into the arrangement and bridges the gap between the bottles. The weight of the arrangement remains on the left with the tallest bottle. Balance is maintained with the thickness of the shorter bottle on the right.





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HEPA Filter Facts

First developed during World War II to prevent lab workers from breathing radioactive dust, high-efficiency particulate-arresting (HEPA) air filters are now finding their way into homes across the country. These filters are effective at removing common household airborne pollutants, such as pet dander, pollen, smoke, and spores. Even a particle 300 times smaller than the diameter of a human hair can't pass through a HEPA filter.

Most popular among homeowners are portable models that come in a variety of sizes to clean the air in large or small rooms. These units usually cost between $100 and $400.

For maximum air filtration, look for true HEPA filters; products that claim to be "HEPA-type filters" won't screen out the smallest particles.

Most HEPA filters have one major drawback: noise. It takes a large fan to move high volumes of air through the dense filter. Listen before you buy and be sure you won't be disturbed by the sound of cleaner air.





Dishwasher Energy Savers

Every time you switch on your dishwasher, you're using as many as three precious resources—water for the wash cycle, electricity to operate the machinery, and gas or more electricity to heat the water. But don't think of it as a triple threat to the environment. Instead, think of it as three good opportunities to conserve.

Save Water: If you're in the market for a new dishwasher, look for a water-conserving model. Some use as little as 4 gallons of water per cycle, less than half that of conventional dishwashers. If you're content with your current dishwasher's performance, you may be able to save water by changing your habits. Make it a point to wash only full loads. Also, reduce or eliminate prerinsing. Most of today's dishwashers can effectively wash away food residue, so simply scrape the dishes with a rubber spatula before loading the dishwasher. If your dishwasher needs extra help cleaning a large, messy load, plug the sink and use standing water instead of running water over each individual dish.

Save Electricity: Avoid the heated drying time that comes at the end of most wash cycles. If your dishwasher has an air-dry feature that uses a fan to speed the drying time, use it. If not, open the door a crack and let the water evaporate. Use the heated dry cycle only if you are washing dishes at temperatures less than 140 degrees. The heat may help sanitize the dishes.

Save Gas: Many dishwashers come with internal water heaters that boost the wash and rinse temperature above 140 degrees—the temperature required to sanitize dishes. These water heaters use a little bit of extra energy, but they cost a lot less to run than it does to boost the temperature of your entire hot water supply. Your home's water heater will use less gas or electricity and your family will enjoy clean, sanitized dishes.

Virtual Energy Auditor

Check out a site on the Internet and you can figure out how to save on your home-energy use. The Home Energy Advisor asks you questions about your home, then calculates your approximate energy costs based on the data you supply. You can switch the data to investigate how much money you would save if you added more insulation, changed the temperature on your thermostat, or purchased energy-efficient appliances. Access the site, sponsored by the United States Environmental Protection Agency and Lawrence Berkeley National Laboratory, at http://eande.lbl.gov/CBS/VH/vh.html.

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A Moving Experience

Eight ways to ease your child's transition to a new school

by Terrie Kremer

Katie walked sleepily down the stairs. This was not the bubbly, energetic morning person I had known for the past 10 years. She gave me a big hug and curled up next to me on the sofa. Tears welled up in her eyes. "Mom, I don't want to go to school," she said. "Can I stay home and help you unpack boxes?" I gently returned her hug and reminded her that we were only going to visit the school today. She sighed and laid her head on my shoulder. I knew once we took a tour and met her teacher, she would be less anxious. It was just one of the steps we took to ease the transition. Whether you are moving miles away or minutes away, the following eight steps may help ensure an easier beginning to a new school life.

Step 1: Find a school that meets your expectations. Relocating requires an incredible amount of planning, including finding the right school. An inexpensive and helpful resource was our real estate agent who sent us a file containing everything we could possibly want to know about the local schools and communities.

Another resource is SchoolMatch, an educational consulting firm. With their full-search service ($68 to $97.50), you'll answer a series of questions regarding preferences in schools and communities. After comparing your responses to their databases, they'll report on the top 15 public school systems or private schools in the requested area, indicating whether they meet, exceed, or fall below your expectations in a number of categories. For more information, call 800/724-6651 or visit their Internet site at www.schoolmatch.com.

Also, check out *Places Rated Almanac* (Macmillan Travel, $24.95) for information on more than 350 metro areas.

Step 2: Move while school is in session. If possible, don't wait until the school year ends. Moving during the school year will provide your child the opportunity to become involved in school activities and thus develop friendships before summer arrives. Also, most of the information regarding summer programs and camps is sent home from school with the children in the spring. If we had waited until summer, we would have missed the registration deadlines and programs would have been filled. Summer vacation can seem like forever to a child who is anticipating a different school.

Step 3: Register before you move. Locating required birth certificates, immunization records, and other information can be like looking for a needle in a haystack once

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Same ingredients. Ours just fits on a spoon.



MOTT'S MEANS FRUIT.

A moving experience

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the boxes are all packed. Registering ahead of time also provides the new teacher with the opportunity to prepare for your child's arrival. If you think the relocation is going to be especially difficult, or if the circumstances of the move are negative (divorce or death, for example), talk to the counselor as well as the classroom teacher. Your child will have an easier transition if services such as counseling or special education classes are in place from the start.

Notify the current school of the impending move. This will give them adequate time to close out your child's file and send the records to your next school. This also gives the current classroom teacher time to close out any lessons and, in some cases, plan a going away party.



Remind your child how to make new friends.

Step 4: Scope it out. Before your child's first day at the new school, make an appointment to meet the principal and tour the school with your child while it is in session. Meet the teachers your child will have, see the classrooms, the cafeteria, the library, the gym, and the playground. It will give your child a sense of security to know where everything is located.

If your child will ride the bus, find out the bus number as well as pick-up and drop-off points and times. If you drive your child to and from school, find out the procedure ahead of time. This ensures your child's safety and reduces anxiety. If necessary, walk the route with your child for the first few days.

Step 5: Seek help from school counselors. In addition to providing individual attention, many school counselors have group programs for relocating students. For example, Jan Dukes, an elementary school counselor for the Keller Independent School District in Keller, Texas, oversees a Newcomers Club. "I gather all of the new children from the same grade. Within the group, each child has a buddy; somebody who is dealing with a lot of the same feelings. We discuss why they moved and how it is different here. We talk about interests and hobbies and how to make friends with similar interests."

Step 6: Communicate. For children, it can reduce those mountains to molehills. Licensed professional counselor and marriage and family therapist Tracie



Morrison states, "Anytime children are facing a challenging situation, effective communication is essential. Prepare them, get their ideas, and listen to their feelings and fears. Talk about their new school and friends. Keep the conversation positive. Sometimes, younger children have a difficult time putting their feelings into words. Parents can help by making statements, such as "I know it might feel scary to start a new school" or "You might be wondering how to make friends." Help them remember how they got to know the friends they have now. Teach them to ask questions about their friends, such as "Do you have a cat?" or "Do you like to play baseball?"

The key is to focus on the positive and not let them fall into the trap of "Remember at my old school...?"

Step 7: Get active. Occasionally, be part of your child's school day. The day will come soon enough when your child would rather eat worms than be seen with you at school, so take advantage of it while you can. Suzanne Pettit, principal of Florence Elementary in Southlake, Texas, promotes parent involvement. "Parents are encouraged to eat lunch with their child, stay for recess, and observe their child in the classroom setting at any time," says Pettit. "It is an excellent opportunity to see how their children are adjusting and to meet their classmates."

Step 8: Be consistent. Helping children establish a routine once you have moved is very important. The time to unpack and organize your home is while your children are in school. Time after school should be spent doing the same kinds of things they did before moving, including homework, chores ("What? We still have to make our beds?"), inviting friends over to play, and having fun.

You are your children's most important teacher. Show them that relocating is an adventure. Make friends and discover places together. Instill in them the confidence and security to reach out and take hold of their new life.



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How to Be a Good Sports Parent

by Gary Legwold



In the emotional arena of youth sports, good people sometimes act wrongly.

But a few guidelines can help parents keep in good cheer.

More than 20 million elementary and middle school students play sports each year, and sooner or later, most parents find themselves coaching, organizing potlucks, or becoming lawn-chair-toting cheerleaders.

Some sideline parents revel in the competition, saying it's a basic part of life. Others are wary of competition and find it can be a huge and sometimes ugly distraction from the whole point of sports: to play.

Whatever the perspective, parents come to youth sports because they care about supporting their children, appreciating the benefits of physical exercise and team play. This caring usually helps children enjoy sports and remain healthy, both emotionally and physically. However, it is possible to care too much, which can make sports one of the most negative experiences for a child.

"Most parents are searching for guidance on their roles in youth sports," says Rick Wolff, author of *Good Sports: The Concerned Parents Guide to Competitive Sports.* By adopting the following positive behaviors and avoiding some of the common pitfalls, parents can help keep the games enjoyable and rewarding for their children.

Start with the fundamentals

Most experts say children should start in sports when they show a genuine, self-motivated interest. This does not mean the first step should involve organized competition.

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How to Be a Good Sports Parent

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"Watch a typical T-ball game," says Dan Klinkhammer, director of the Minnesota Youth Athletic Services, which organizes 150 leagues, camps, and clinics involving 100,000 young athletes. "About one-third want to be there, one-third are questionable, and one-third are more interested in the airplanes flying overhead."

Getting started means playing. It means learning fundamentals and skills. It means pick-up games and playing catch, kicking balls, and shooting hoops in the backyard. Too often, kids skip lightly over play and skill building and get right to the game action and all of its trappings. Instead of focusing on fundamentals, they're more intent on performing.

Sports consultant and retired coach Keith Zembower, of Rowlett, Texas, says children are starting too young and the result is "organized chaos, kids just running around without any training in fundamentals." Zembower continues, "Here in Texas you've got kids 6 or 7 years old playing football. They are arm tackling and wearing helmets bigger than their bodies."

Zembower held his son out of organized sports until the boy was 10. He tells parents to get children grounded in skills, fundamentals, and play, rather than in organized games. He admits children may fall a bit behind when the time comes for competing, but they'll catch up.

Too often in sports, parents start projecting that their child could be a star. This implies that what the child is doing now is not good enough and it adds additional and unnecessary pressure.

Jim M. Brown, a former physical education teacher and junior high, high school, and college coach, agrees with Zembower. "Many kids have done everything by age 12. They've had the traveling, the trophies, the new uniforms, the cheerleaders, the all-star teams, the whole thing. What's to look forward to? So, they may end up dropping out and developing an interest in other things—some of them not good."

One more point to consider on getting started: To prevent burnout, don't overdo the rewards. J. Morrow, a sports psychologist at Iona College in New Rochelle, New York, cites an experiment involving two groups of children who were given crayons and papers. One group was free to do whatever with the crayons and papers in a set time. Children in the other group got candy based on how many paintings they made in the set time. After the time was up, researchers observed both groups. The free-to-draw group went back to drawing, while the "play-for-pay" did not.

It's OK to miss a game

Youth sports can help create a closeness within the family, but that can sometimes slip into excessiveness. Supportive parents have been known to start living through the children, pushing kids to accomplish what the parents could not. It is what experts call achievement by proxy, which can damage a parent-child relationship.

To avoid this, Brown, as a teacher and coach, advises parents to back off some. Don't wear T-shirts saying "I am Johnny's mother." Don't go to every practice. Skip a game or two. "Part of growing up," says Brown, "is the separating process. The child should not have a mom or dad looking over the fence at every move."

This separating process also involves parents realizing that their perspective may differ from their children's. For example, many parents naturally want to protect children from being "stung by the arrows of defeat," as sports author Wolff puts it. Yes, losing can hurt, he says, but not as bad as parents may think.

"Kids see themselves in a much different light," says Wolff. "A 6-, 8-, 10-year-old sees sports as an opportunity to be with friends, wear a shiny new uniform, and if the ball comes to them, fine, they try to score.

"Parents may have a more anxious edge. They may think their children have only so many years to progress,

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How to Be a Good Sports Parent

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and gee, what's wrong with their development, and how are they going to make the traveling team next year if they are not dominating this year? It's tough. You want them to succeed.

"After a loss, kids are down for about three minutes, and then it's: 'Can I sleep at my friend's tonight?'"



Avoid projection

As a parent, it is not easy to stay in the present with children. Too often in sports, parents start projecting that, wow, my daughter could be a great star some day.

Projection, while a natural thing for parents to do, is a losing proposition. First, projection implies a dissatisfaction, that what the child is doing now is not good enough.

Second, projections are often based on subjective and faulty comparisons. Children may be excelling because they have had a growth spurt while other athletes have not. Their stardom may be more of a developmental than an ability issue. "Pro scouts have a hard time projecting how athletes will pan out, and they are looking at 17- and 18-year-olds," says Wolff. "So, how can parents project what the future holds for their 11-year-old?"

Third, projection is nonproductive—even counterproductive—because it adds pressure on kids who face enough pressure already from their peers, at school, and from within. "More than 70 percent of children drop out of youth sports by age 12," says Karen Partlow, national director of the American Sport Education Program in Champaign, Illinois. "The number one reason is too much pressure. It is critical that we don't pressure kids so much that they drop out near puberty. If they do, it's highly likely they will grow up not having a physical lifestyle. That negatively impacts their health, not to mention the valuable personal experiences inherent to sports."

Projection also does a disservice not only to the child star but also to the benchwarmer. Again, who knows how a youngster will turn out? "Explain," says Wolff, "how a kid named Jordan gets cut from his tenth grade basketball team and six years later has become Michael Jordan, the best college player in the country."

Experts say don't sweat it if children are happy even though they are not very skilled at this young age. "If he or she is maintaining enthusiasm when it appears to you everything is crumbling, that kid has good coping skills," says Morrow. "That's the youngster I'd put my money on 20 years down the line. You have a real champion."

Instead of projecting that their child doesn't have the right stuff for stardom, parents can help with skills and fundamentals. And they can assure the child that this is just one step on the way. Perhaps a sports camp would do the child a world of good. Perhaps private lessons. Perhaps a park and recreation, school, intramural, or church league would be better at this stage. "There is always a place for a child to play," says Klinkhammer.

Klinkhammer adds that there may be a blessing in the benchwarming experience. It may force some parents to admit they are into youth sports for the wrong reasons. Parents may be pushing their child toward a college athletic scholarship or some Tiger Woods-type endorsement contract. To them, Klinkhammer offers a bit of wisdom: "For every $1 available in athletic scholarships, there are $72 available in academic scholarships. So, if you are in it for a scholarship, it pays to have your children do homework rather than shooting free throws."

Approach the coach with a cooperative attitude

Coaches are powerful role models for children, and they sometimes face staggering responsibilities. Many coaches do a good job, but all coaches make mistakes. Children

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AFTER THE GAME

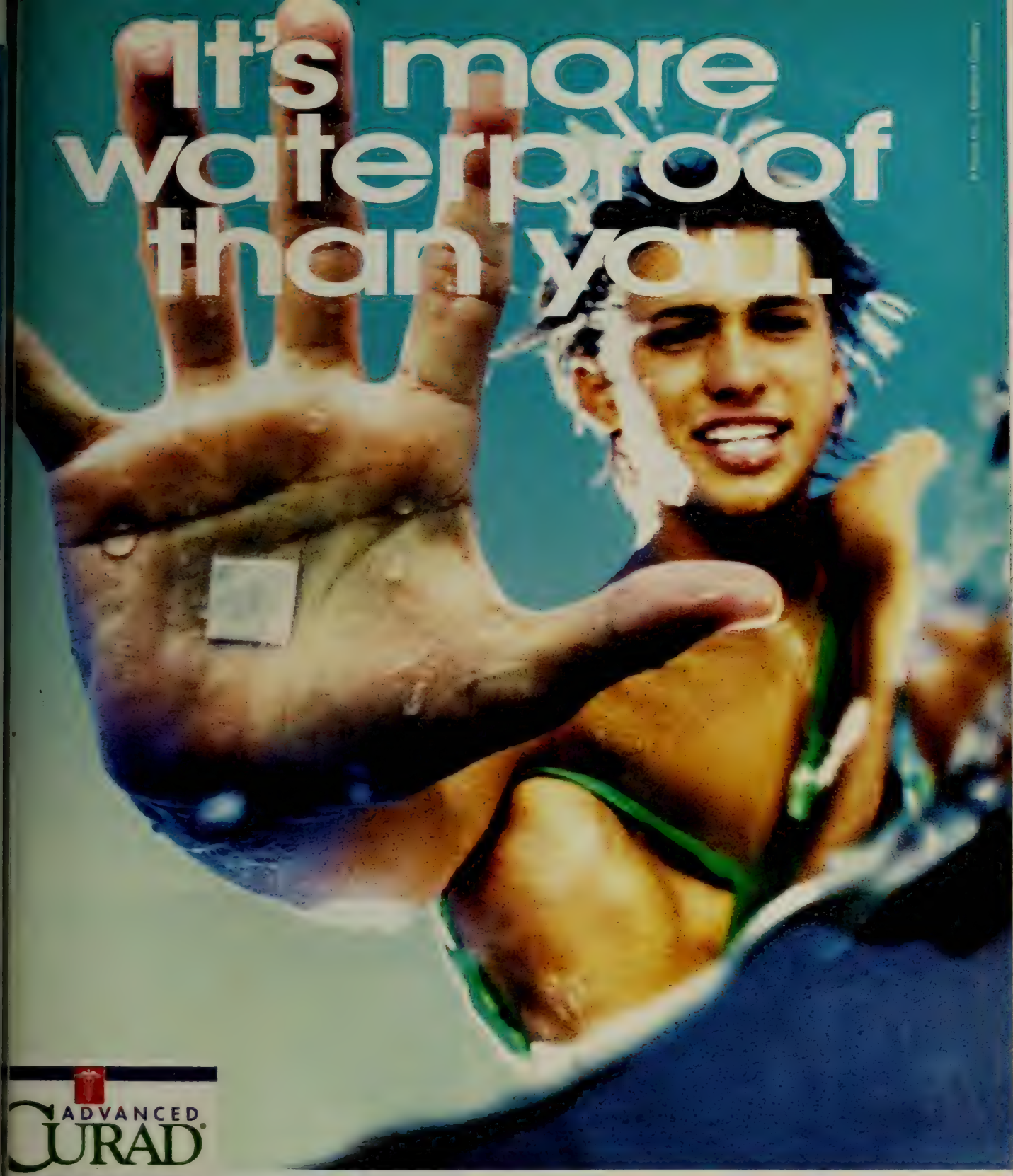
DON'T...

- Immediately ask about winning. Winning should not be most important and therefore should not be your first concern. The outcome only concerns many younger kids for about three minutes after a game. "After that, they are more interested in where the snow cone stand is than with losing or winning," says sports consultant and retired coach Keith Zembower.
- Launch into an instant, detailed post-game analysis. Rick Wolff, coaching and sport psychology expert, calls it the station wagon syndrome featuring your child as the back seat prisoner and you, the parent, as the inquisitor.

"Let the child tell you," says Wolff, "versus you telling the child what you would have done."

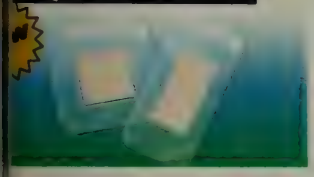
DO...

- Allow for a cooling-off period. In this time, close your mouth and open your arms. "Put your arm around them," says Zembower. "Remind them that we are out here for the fun of it, and there is going to be another day."
- Ask questions about performance, such as: "What is the one thing you did that you would like to do again?" "What is the one thing you did that you would like to do differently?" "What did you learn today?" "What do you want to work on most?" "Did you have fun?" Questioning helps the child talk out their feelings without sitting through a lecture.
- Occasionally, when you find yourself wanting to ridicule, take a deep breath and reflect. Remember when you were young and had the same experience. Share with your child how you dealt with that experience. You and your child may both feel better.



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How to Be a Good Sports Parent

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naturally turn to their parents when those mistakes upset them, which means parents will need to approach the coach for a talk. How can you, as a parent, best handle this often tense situation?

First of all, evaluate the coach early in the season. "I don't care if a guy knows much about the sport," says Zembower. "I care if he or she is a good person, if the coach treats people fairly. If not, I wouldn't let my kid play for that coach."

As the season progresses, issues may come up that require a parent-coach meeting. Before the meeting, don't undermine the coach by bad-mouthing him or her. You should approach the coach directly but should not "come out of the stands and confront a coach before, during, or after a game," says Wolff. "Your child learns that's how you resolve things. Wait a day. Call and rather than being confrontational, be cooperative."

Going into that meeting, parents should remember that most youth sports coaches are volunteers, often pressed into duty. "Schools ran sports programs 25 years ago," says Klinkhammer. "Now it's volunteer-parent organizations. They are not coaches, really—they have very little, if any, training or expertise in handling groups of children. Teachers are coaches, bricklayers aren't."

Parents should go to the meeting with questions rather than criticisms, asking about the coach's philosophy, how he or she evaluates children, and what the child needs to improve. Hear the coach's side before passing judgment. Sometimes, a child's interpretation is inaccurate.

This open communication usually goes a long way in resolving the issue. If it doesn't, the parent should contact the coach's supervisor. If that gives no satisfaction, the parent may then pull the child from the team.

The physical price

Parents often question the toll youth sports take on young bodies. Gymnasts and runners get stress fractures; soccer players hurt their ankles; swimmers, baseball, and tennis players battle tendinitis and bursitis; and all young jocks experience muscle strains.

These injuries have many causes: ill-fitting shoes, bad coaching, poor nutrition, lack of sleep, worn or improper equipment, excessively hard playing surfaces, unpadded floors, poorly maintained fields, pushing children before they are properly conditioned, orthopedic problems related to normal growth and development, inequity between strength and size, and decreased flexibility, particularly during adolescent growth periods. That's the bad news. The good news is that these injuries are infrequent, and most are avoidable. "About two-thirds of sports injuries are preventable and related to such factors as conditioning, proper supervision, and following the rules. The other one-third are random events," says Dr. Michael T. Busch, director of the sports medicine center at Scottish Rite Children's Medical Center in Atlanta.

Busch has concerns about injuries caused by overspecialization—single-sport athletes are replacing multiple-sport athletes. "You can do 51 weeks a year of soccer, an endless season," he says. This results in young athletes doing the same drills and maneuvers week after week, repeatedly stressing the same joints and muscles in the same way, leading to overuse injuries.

All that said, Busch is a big fan of youth sports. "Kids learn about conditioning," he says. "Sports instill in them a lifelong pattern of activity." They learn about healthy diets, and all that exercise burns calories, which is important today considering obesity is a national problem.

"Beyond that, they develop adult contacts and see adult role models, which is good. And dads and moms get to spend quality time with their children," he says.

Ultimately, being a good sports parent is a balancing act. You hug your children in loving support and at the same time you let them go. Too much of one or the other can cause problems, but if parents have to err to one side, it would be on the letting go side. Listen first, say less, hug more, but let the children play their games.

—Gary Legwold is a Minneapolis writer, parent, and coach.

PARENTS, FIND YOUR SPORT

If you find yourself overly involved and critical of your child's sports play, here is something to try: Go play your own game.

Get involved in a softball or tennis league, or play pickup hoop games at your health club. You will get good exercise, burn up some nervous energy, and quickly remember—or learn—that the game you watch your son or daughter play is not always as easy as it looks.

"This is especially true when you learn a new sport," says Karen Partlow, national director of the American Sport Education Program. "I play tennis and I'm learning squash. I realize how different it is to learn. It humbles me, keeps me in touch with how hard it is for anyone—a little person in particular—to pick up a skill."

After you play your games, you will probably be quicker to empathize than criticize your child's play. Who knows, maybe when you feel blue that a grounder got through your legs and cost your softball team the championship, it will be your child who puts an arm around you and says, "That's OK. It happens to everyone."



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High-Tech Skin Creams

Do they really work?

by Michele Meyer

One day you're a carefree teenager lolling on a beach. The next you're counting crow's feet in the rearview mirror, and cosmetic bottles are accumulating in your bathroom like dust bunnies.

Americans spend $3.7 billion a year chasing miracles with over-the-counter facial products, according to Kline and Co., a consumer consulting firm.

"Women love buying antiwrinkle products," says Paula Begoun, a syndicated newspaper columnist on skin care and author of *The Beauty Bible.* "It's a shame they're not a collectible, considering how many women keep buying them, hoping that the next one will do the trick."

Wrinkles happen because the elastic fibers that keep skin taut gradually loosen over time. Blame smoking, your genes, the years—and most of all—the sun. Its ultraviolet rays attack your immune system and increase production of the enzymes that break down collagen, the rope-like protein strands supporting the skin from within.

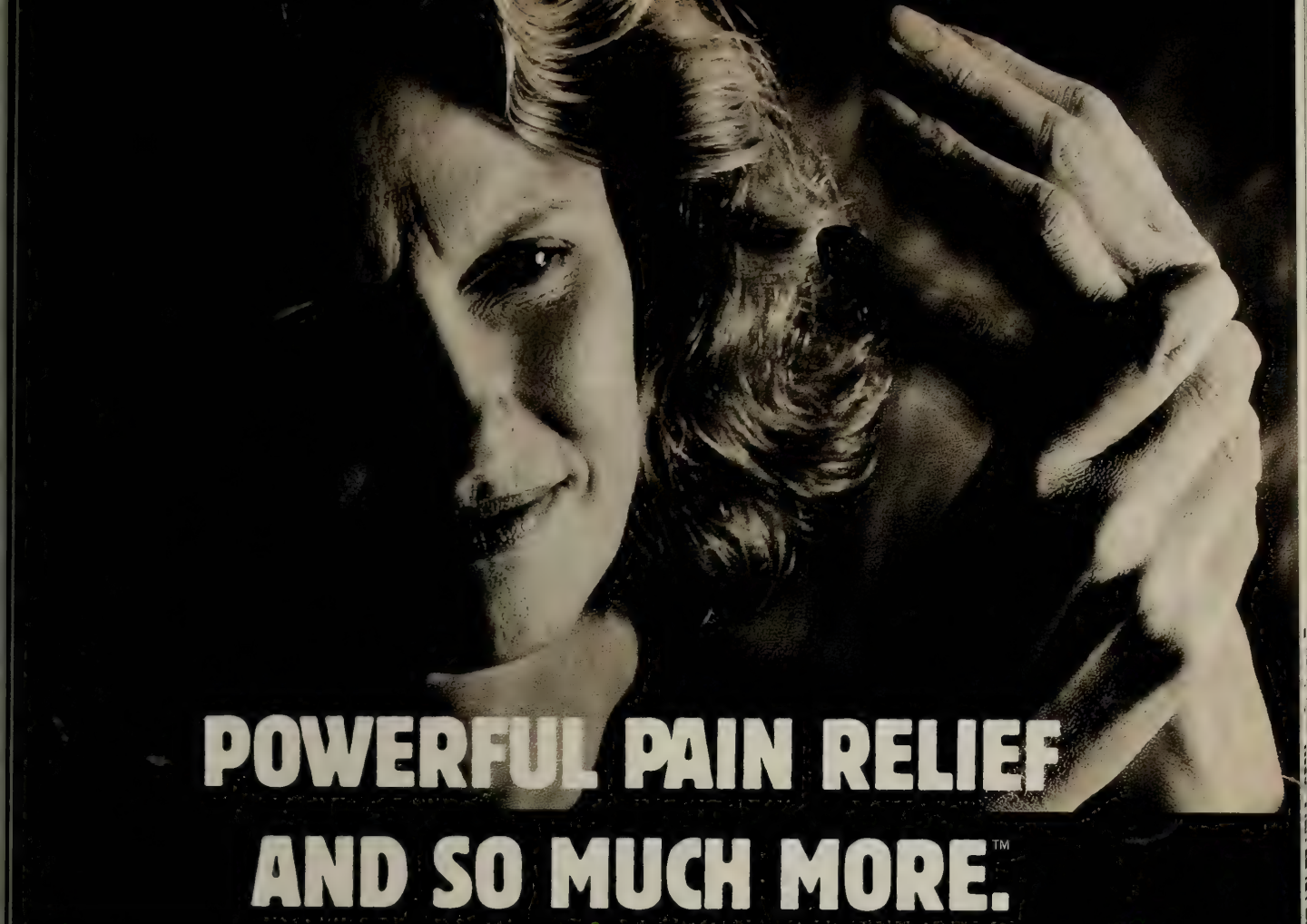
In fact, the only true fountain of youth is sunscreen, says Dr. Debra Jaliman, a dermatology instructor at Mount Sinai School of Medicine in New York City.

"A lot of the damage we call aging isn't. It's from the sun. If you look at the skin of a Buddhist monk who hasn't had much sun exposure, you'll see he doesn't have the broken vessels, uneven pigmentation, and lines that we have."

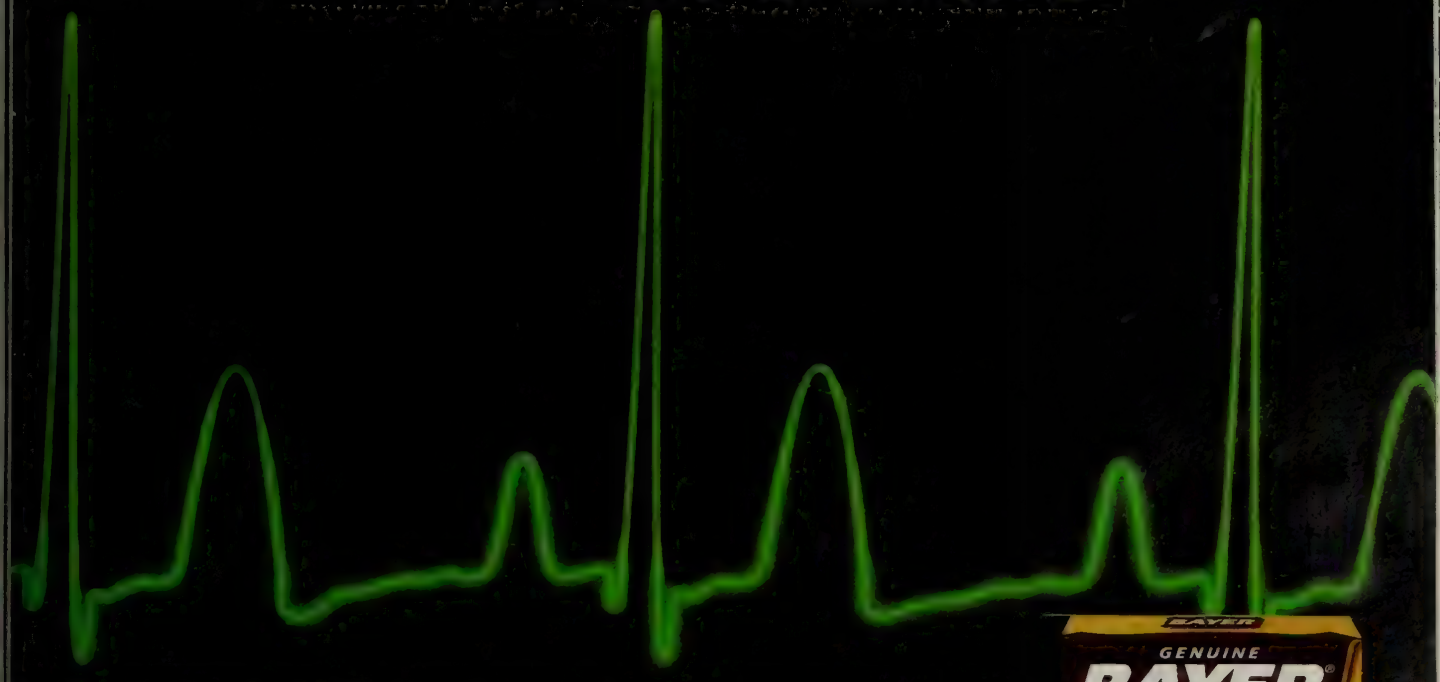
Like most dermatologists, Jaliman recommends wearing a hat, sunglasses, and daily sunscreen with a sun protection factor of 15 or higher.

That takes care of the future. But how can you erase some of the past? Thousands of skin products claim to have the answer. We looked at the more promising formulations, such as Retin A; alpha-hydroxy acids; beta-hydroxy acids; vitamins C, E, and A; and lycopene. Here's what we found.

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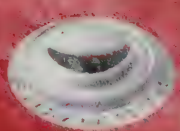
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Skin Creams

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Retin A

Originally an acne drug, Retin A sloughs away dead cells, allowing less damaged skin to rise to the surface. Credit its active ingredient tretinoin. It's available only by prescription.

The claim: A derivative of vitamin A, tretinoin reduces fine facial wrinkles, fades brown spots, and smooths skin.

The reality: Retin A works—but only as long as you keep using it. A University of Michigan study found that a 0.1 percent tretinoin cream made significant reductions in skin wrinkling and roughness after eight months to a year.

Cautions: Itching, redness, burning, stinging, and peeling were all common side effects observed in a study in the *Journal of the American Academy of Dermatology.* Users should avoid skin irritants, including hair removers and products containing alcohol, spices, or lime.

Because Retin A also increases sun sensitivity, it should not be used concurrently with drugs with the same side effect, such as tetracyclines (for acne and infections), thiazides (for high blood pressure), and phenothiazines (for emotional problems).

The safety and effectiveness of Renova—which is Retin A mixed with an emollient cream—has not been proven in people over age 50 or in people with dark skin. Pregnant women should not use Renova.

Sample products: By prescription only: Retin A, .66 oz., $36–$45; and Renova, 2.3 oz., $75. Ortho Pharmaceutical Corporation's Retin A patent has expired, so many drug firms are expected to launch their own prescription-only versions of Retin A this year.

Alpha-hydroxy acids

Alpha-hydroxy acids (AHAs) are acids derived from sugar cane (glycolic), milk (lactic or whey protein), and other sources. They exfoliate and thin the skin's outer layer.

The claim: AHAs not only smooth skin and improve fine lines, but also firm the skin by increasing collagen production.

The reality: These acids do indeed stimulate collagen production and cell turnover, resulting in smoother skin. A Harvard Medical School study, reported in the *Archives of Dermatology,* found that 70 percent of women, age 40 to 70, treated with AHAs had improved firmness and lessening of wrinkles, age spots, and visible blood vessels within 22 weeks.

"The improvement was modest, but real," says the study leader Dr. Lynn Drake, now the president of

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Skin Creams

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the American Academy of Dermatology and a dermatology professor at the University of Oklahoma. "But if you're 40, AHAs aren't going to make you look 20."

Most over-the-counter creams are between 4 and 8 percent acid. The study used an 8 percent formula of Ponds Age-Defying Complex (2 oz., $11). Nonetheless, glycolic and lactic acids are safe up to 10 percent, according to the Cosmetic Toiletry and Fragrance Association.

Glycolic acid is preferred by many dermatologists because it contains "the smallest of AHA molecules so it penetrates the skin the best," says Dr. Jaliman.

Cautions: Like Retin A, AHAs make your skin more sensitive to the sun. The FDA says it is important to use sun protection, including sunscreen, even if you haven't used an AHA product that day.

The FDA, which has received more than 100 complaints about AHAs burning and blistering skin, also recommends that people test a small area of skin before using the product. To be extra cautious, you can dip a piece of pH paper into the cream to measure its acidity. Anything below a pH of 3 will be



irritating. "Studies show if the pH isn't between 3–4, it isn't going to be effective," says author Paula Begoun.

Sample products: Neutrogena Healthy Skin Face Lotion, 2.5 oz., $11.55; Origins Starting Over, 1 oz., $22.50; Mary Kay Skin Revival Serum, 1 oz., $25; Almay Time-Off Revitalizer Daily Solution, .72 oz., $18; and Estee Lauder Fruition Extra Complex, 1 oz., $42.50.

Beta-hydroxy acid

Beta-hydroxy acid (BHA), otherwise known as salicylic acid, has long been used to treat acne and, at higher concentrations, warts. Face creams, which are typically a 2 percent solution, remove the skin's outer layers, going deeper than AHAs and thus removing more blackheads. Salicylic acid occurs naturally in wintergreen leaves and sweet birch.

The claim: By exfoliating the skin, salicylic acid smooths out fine lines and unclogs pores.

The reality: In one study, a 2 percent BHA cream was found to be twice as effective as a 5.6 percent glycolic acid cream in improving facial appearance, including lines and uneven color. It also was found to be less irritating. (The study was paid for by a skin cream manufacturer and has not been published in a peer-reviewed medical journal.)

Cautions: Like AHAs, salicylic acid can irritate. Be careful when using it near your eyes and corners around the nose and lips, which tend to peel.

Sample products: L'Oreal Plenitude Future*e, 4 oz., $8.99; Oil of Olay Age Defying Series Daily Renewal Cream, 2 oz., $7.50; Clinique Turnaround Cream, 2 oz., $27.50; Almay Time-Off Revitalizer Daily Solution, .72 oz., $18.

Vitamin C

Vitamin C is an antioxidant that, when taken orally, helps fight cancer and other ills. It protects cells from free radicals that act as scavengers and damage cells. For optimal protection, vitamin C products should contain 10 percent L-ascorbic acid.

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Q. I've started using an antiaging cream. When will I see results?

A. "Eight weeks is possible, but certainly not one day or one hour," says Dr. Debra Jaliman, a New York City dermatologist.

And don't expect a miracle, because if a potion truly changed the structure of your skin, it would be prescription only, says Dr. Ella L. Toombs, a dermatologist in Washington, D.C. By FDA law, the definition of cosmetic is: 'Made to temporarily enhance the appearance of,' Dr. Toombs says. "Cosmetics can only affect the most superficial layer of your skin. Once they affect deeper levels of skin, they fall into the drug category," she says.

Q. Is it best to apply antiaging creams in the morning or before bed? Can I use two products at the same time?

A. Apply creams at night one at a time. "You don't want to barrage your skin with a lot of acids on the same night. They can interact," says Dr. Jaliman. "I tell my patients to use vitamin C one night, Retin A the next, and an AHA the third night. Then repeat." The exceptions are AHAs and BHAs, which can be used at the same time.

These agents are best used at night so they won't mix with your cosmetics. You only need a dime-size amount for your whole face, and apply the cream before a moisturizer. Retin A and hydroxy acids can't penetrate moisturizer. To avoid irritation, use a new product only once every two or three nights at first.

Q. How can I stop my makeup from highlighting my wrinkles?

A. Heidi Schulze, a makeup artist at the Michael Kemper Salon in Houston, has a few tips. Pat on foundation with a cotton swab only where needed, and then apply it with a barely damp cosmetic sponge. Blot to remove any excess. Also, dust your face with loose powder on a powder puff. Press lightly.

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What you should know about the safety of SPORANOX: WARNING: SPORANOX should not be taken with terfenadine (Seldane®), astemizole (Hismanal®), or cisapride (Propulsid®) due to serious cardiovascular events. SPORANOX should not be taken with oral triazolam (Halcion®), oral midazolam, lovastatin (Mevacor®), or simvastatin (Zocor®). SPORANOX has a favorable safety profile and is well tolerated. In clinical trials (toenails and fingernails), the following adverse events led to either a temporary or permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), rash/pruritus (3%), and hypertriglyceridemia (3%). In rare instances, there were reports of elevated liver enzymes and hepatitis. If you feel unusually tired or sick to your stomach, have flulike symptoms, or notice that your skin is yellowish, or if you have dark urine or pale stools, stop taking SPORANOX and notify your doctor immediately. If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.



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Before prescribing, please consult complete prescribing information of which the following is a brief summary.

WARNING: Coadministration of terfenadine, astemizole, and cisapride with SPORANOX® (itraconazole) Capsules or Oral Solution is contraindicated. SPORANOX® is a potent inhibitor of the cytochrome P450 3A enzyme system and may raise plasma concentrations of drugs metabolized by this pathway. Serious cardiovascular events, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with terfenadine or cisapride, which are metabolized by the cytochrome P450 3A system. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: DRUG INTERACTIONS for more information.

INDICATIONS AND USAGE

SPORANOX® (itraconazole) Capsules are indicated for the treatment of the following fungal infections in immunocompromised and non-immunocompromised patients:

1. Blastomycosis, pulmonary and extrapulmonary;
2. Histoplasmosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis; and
3. Aspergillosis, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin B therapy.

SPORANOX® Capsules are also indicated for the treatment of the following fungal infections in non-immunocompromised patients:

1. Onychomycosis of the toenail with or without fingernail involvement due to dermatophytes (tinea unguium);
2. Onychomycosis of the fingernail due to dermatophytes (tinea unguium).

CONTRAINDICATIONS

Coadministration of SPORANOX® (itraconazole) Capsules or Oral Solution with certain drugs metabolized by the P450 3A enzyme system may result in increased plasma concentrations of those drugs leading to potentially serious and/or life-threatening adverse events. Terfenadine, astemizole, oral triazolam, oral midazolam and cisapride are specifically contraindicated with SPORANOX®. HMG-CoA reductase inhibitors metabolized by this system (e.g., lovastatin and simvastatin) should also be discontinued during SPORANOX® therapy. (See PRECAUTIONS: DRUG INTERACTIONS.)

SPORANOX® should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy.

SPORANOX® is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no information regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should be used in prescribing SPORANOX® to patients with hypersensitivity to other azoles.

WARNINGS

SPORANOX® (itraconazole) Capsules and SPORANOX® Oral Solution should not be used interchangeably. This is because drug exposure is greater with the Oral Solution than with the Capsules when the same dose of drug is given. Additionally, the topical effects of mucosal exposure may be different between the two formulations. Only the Oral Solution has been demonstrated effective for oral and/or esophageal candidiasis.

Hepatitis: There have been rare cases of reversible idiosyncratic hepatitis reported among patients taking SPORANOX® (itraconazole) Capsules. SPORANOX® has been associated with rare cases of serious hepatotoxicity, including fatalities, primarily in patients with serious underlying medical conditions taking multiple medications. The causal association with SPORANOX® is uncertain. If clinical signs and symptoms develop that are consistent with liver disease and may be attributable to itraconazole, SPORANOX® should be discontinued.

Cardiac Dysrhythmias: There have been rare cases of life-threatening cardiac dysrhythmia and death reported in patients receiving terfenadine and itraconazole. Coadministration of terfenadine, astemizole and cisapride with SPORANOX® is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS: DRUG INTERACTIONS.)

PRECAUTIONS

General: Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. Hepatic enzyme test values should be monitored periodically in all patients receiving continuous treatment for more than one month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

SPORANOX® (itraconazole) Capsules should be administered after a full meal. (See CLINICAL PHARMACOLOGY: PHARMACOKINETICS AND METABOLISM.)

Under fasted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The absorption of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion suppressors. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola beverage resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This increase relative to the effects of a full meal is unknown. (See CLINICAL PHARMACOLOGY: PHARMACOKINETICS AND METABOLISM.)

Information for patients: Patients should be aware that SPORANOX® (itraconazole) Capsules is a different preparation than SPORANOX® Oral Solution, and these should not be used interchangeably. This is because drug exposure is greater with the Oral Solution than with the Capsules when the same dose of drug is given. Additionally, the topical effects of mucosal exposure may be different between the two formulations. Only the Oral Solution has been demonstrated effective for oral and/or esophageal candidiasis.

Patients should be instructed to take SPORANOX® Capsules with a full meal.

Patients should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appropriate laboratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or vomiting, jaundice, dark urine or pale stool.

Patients should be instructed to contact their physician before taking any concomitant medications with itraconazole to insure there are no potential drug interactions.

Drug interactions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome P450 3A enzyme system. Coadministration of SPORANOX® and drugs primarily metabolized by the cytochrome P450 3A enzyme system may result in increased plasma concentrations of the other drug that could increase or prolong both its therapeutic and adverse effects. Therefore, unless otherwise specified, concomitant medications metabolized by the P450 3A enzyme system should be discontinued as medically indicated.

Table of Selected Drugs That Are Predicted to Have Plasma Concentrations Increased by Itraconazole

Anticoagulants: warfarin	*Cholesterol-lowering agents:* lovastatin*, simvastatin*
Antihistamines: terfenadine*, astemizole*	*GI motility agents:* cisapride*
Anti-HIV protease inhibitors: ritonavir, indinavir	*Immunosuppressive agents:* cyclosporine, tacrolimus
Antineoplastic agents: vinca alkaloids	*Steroids:* methylprednisolone
Benzodiazepines: midazolam*†, triazolam*, diazepam	*Other:* digoxin, quinidine
Calcium channel blockers: dihydropyridines	

‡ This table is not all inclusive.

* Specifically contraindicated with SPORANOX® based on clinical and/or pharmacokinetics studies (see WARNINGS and below).

† See paragraph below on *Benzodiazepines* for information on parenteral administration.

Table of Selected Drugs That Are Predicted to Decrease Itraconazole Plasma Concentrations‡§

Anticonvulsants: phenytoin, phenobarbital, carbamazepine	*Antimycobacterial agents:* isoniazid, rifampin, rifabutin

‡ This table is not all inclusive.

§ SPORANOX® may not be effective due to decreased itraconazole plasma concentrations in patients using these agents concomitantly.

Anticoagulants: It has been reported that SPORANOX® enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin time should be carefully monitored in patients receiving SPORANOX® and coumarin-like drugs simultaneously.

Anticonvulsants: Reduced plasma concentrations of itraconazole were reported when SPORANOX® was coadministered with phenytoin. The physician is advised to monitor the plasma concentrations of itraconazole when phenytoin is taken concurrently, and to increase the dose of SPORANOX® if necessary.

Antihistamines: Coadministration of terfenadine with SPORANOX® has led to elevated plasma concentrations of terfenadine, resulting in rare instances of life-threatening cardiac dysrhythmia and death. Coadministration of astemizole with SPORANOX® has led to elevated plasma concentrations of astemizole and desmethylastemizole which may prolong the QT intervals. Therefore, concomitant administration of SPORANOX® with astemizole is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS.)

Anti-HIV protease inhibitors: Coadministration of SPORANOX® with protease inhibitors primarily metabolized by the cytochrome P450 3A enzyme system, such as ritonavir or indinavir, may result in changes in plasma concentrations of both drugs. Caution is advised when these drugs are used concomitantly.

Anti-HIV reverse transcriptase inhibitors: The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX® Capsules, 100 mg b.i.d. Other agents have not been studied.

Antimycobacterial agents: Plasma concentrations of azole antifungal agents are reduced when given concurrently with isoniazid or rifampin. Alternative antifungal therapy should be considered if isoniazid or rifampin therapy is necessary. A similar effect may be expected with rifabutin.

Antineoplastic agents: The metabolism of vinca alkaloids may be inhibited by itraconazole. Therefore, patients receiving SPORANOX® concomitantly with vinca alkaloids should be monitored for an increase and/or prolongation of the effects of the latter drug product, including adverse effects such as peripheral neuropathy and ileus, and the dose of the vinca alkaloid should be adjusted appropriately.

Benzodiazepines: Coadministration of SPORANOX® with oral midazolam or triazolam has resulted in elevated plasma concentrations of the latter two drugs. This may potentiate and prolong hypnotic and sedative effects. These agents should not be used in patients treated with SPORANOX®. If midazolam is administered parenterally, special precaution and patient monitoring is required since the sedative effect may be prolonged. (See CONTRAINDICATIONS.)

Calcium channel blockers: Edema has been reported in patients concomitantly receiving SPORANOX® and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

Cholesterol-lowering agents: Human pharmacokinetic data indicate that SPORANOX® inhibits the metabolism of lovastatin resulting in significantly elevated plasma concentrations of lovastatin or lovastatin acid, which have been associated with rhabdomyolysis. Use of HMG-CoA reductase inhibitors metabolized by the P450 3A enzyme system, such as lovastatin or simvastatin, should be temporarily discontinued during SPORANOX® therapy. (See CONTRAINDICATIONS.)

Digoxin: Coadministration of SPORANOX® and digoxin has led to increased plasma concentrations of digoxin. Digoxin concentrations should be monitored at the initiation of SPORANOX® therapy and frequently thereafter, and the dose of digoxin should be adjusted appropriately.

GI motility agents: Human pharmacokinetic data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting in significantly elevated plasma concentrations of cisapride. Data suggest that coadministration of oral ketoconazole and cisapride can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also markedly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore, concomitant administration of SPORANOX® with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS.)

H2-antagonists: Reduced plasma concentrations of itraconazole were reported when SPORANOX® Capsules were coadministered with H2-antagonists.

Immunosuppressive agents: Coadministration of SPORANOX® and cyclosporine or tacrolimus has led to increased plasma concentrations of the latter two agents. Cyclosporine and tacrolimus concentrations should be monitored at the initiation of SPORANOX® therapy and frequently thereafter, and the dose of cyclosporine or tacrolimus should be adjusted appropriately.

Oral hypoglycemic agents: Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hypoglycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX® and oral hypoglycemic agents are coadministered.

Quinidine: Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX® and quinidine.

Steroids: The metabolism of methylprednisolone may be inhibited by itraconazole. Therefore, patients receiving SPORANOX® concomitantly with methylprednisolone should be monitored for an increase and/or prolongation of the effects of the latter drug product, including adverse effects, and the dose of methylprednisolone should be adjusted appropriately.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenicity potential in mice treated orally for 23 months at dosage levels up to 80 mg/kg/day (approximately 10x the maximum recommended human dose (MRHD)). Male rats treated with 25 mg/kg/day (3.1x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hypercholesterolemia, which is a response of rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/day (6.25x MRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the untreated group. Although the occurrence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study was not statistically significant. Itraconazole produced no mutagenic effects when assayed in a DNA repair test (unscheduled DNA synthesis) in primary rat hepatocytes, in Ames tests with Salmonella typhimurium (six strains) and Escherichia coli, in the mouse lymphoma gene mutation tests, in a sex-linked recessive lethal mutation (Drosophila melanogaster) test, in chromosome aberration tests in human lymphocytes, in a cell transformation test with C3H/10T½ C1 mouse embryo fibroblasts cells, in a dominant lethal mutation test in male and female mice, and in micronucleus tests in mice and rats.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) even though parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the next higher dosage level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal toxicity, embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20x MRHD) and in mice at dosage levels of approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenicity consisted of major skeletal defects; in mice it consisted of encephaloceles and/or macroglossia.

There are no studies in pregnant women. SPORANOX® should be used for the treatment of systemic fungal infections in pregnancy only if the benefit outweighs the potential risk. SPORANOX® should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy. SPORANOX® should not be administered to women of child-bearing potential for the treatment of onychomycosis unless they are taking effective measures to prevent pregnancy and the patient begins therapy on the second or third day following the onset of menses. Effective contraception should be continued throughout SPORANOX® therapy and for 2 months following the end of treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, the expected benefits of SPORANOX® therapy for the mother should be weighed against the potential risk from exposure of itraconazole to the infant. The U.S. Public Health Service Centers for Disease Control and Prevention advises HIV-infected women not to breast-feed to avoid potential transmission of HIV to uninfected infants.

Pediatric Use: The efficacy and safety of SPORANOX® have not been established in pediatric patients. No pharmacokinetic data on capsule are available in children. A small number of patients age 3 to 16 years have been treated with 100 mg/day of itraconazole capsules for systemic fungal infections and no serious unexpected adverse effects have been reported. SPORANOX® Oral Solution (5 mg/kg/day) has been administered to pediatric patients (n=26, age 0.5-12 years) for two weeks and no serious unexpected adverse events were reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5x MRHD). The induced defect included reduced bone plate activity, thinning of the zona compacta of the large bones and increased bone fragility. At a dosage level of 80 mg/kg/day (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hypocellular appearance in some rats. While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in pediatric patients is unknown.

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patients may be decreased.

ADVERSE REACTIONS

There have been rare cases of reversible idiosyncratic hepatitis reported among patients taking SPORANOX® (itraconazole) Capsules. SPORANOX® has been associated with rare cases of serious hepatotoxicity, including fatalities, primarily in patients with serious underlying medical conditions taking multiple medications. The causal association with SPORANOX® is uncertain. If clinical signs and symptoms develop that are consistent with liver disease and may be attributable to itraconazole, SPORANOX® should be discontinued. (See WARNINGS.)

ONYCHOMYCOSIS OF THE TOENAIL **(Continuous dosing regimen of 200 mg q.d. for 12 consecutive weeks):**

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System / Adverse Event	Incidence (%) (n=112)	Body System / Adverse Event	Incidence (%) (n=112)
Elevated liver enzymes (>2x normal range)	4%	Headache	1%
Gastrointestinal disorders	4%	Malaise	1%
Rash	3%	Myalgia	1%
Hypertension	2%	Vasculitis	1%
Orthostatic hypotension	1%	Vertigo	1%

Adverse events reported with an incidence of >1% in patients given SPORANOX® (200 mg q.d. for 12 consecutive weeks; n=112) in clinical trials of toenail onychomycosis were: headache (11; 10%), rhinitis (10; 9%), upper respiratory tract infection (9; 8%), sinusitis (8; 7%), injury (8; 7%), diarrhea (5; 4%), dyspepsia (5; 4%), flatulence (5; 4%), abdominal pain (4; 4%), dizziness (4; 4%), rash (4; 4%), nausea (3; 3%), cystitis (3; 3%), urinary tract infection (3; 3%), liver function abnormality (3; 3%), myalgia (3; 3%), appetite increased (2; 2%), constipation (2; 2%), gastritis (2; 2%), gastroenteritis (2; 2%), pharyngitis (2; 2%), asthenia (2; 2%), fever (2; 2%), pain (2; 2%), tremor (2; 2%), herpes zoster (2; 2%) and abnormal dreaming (2; 2%).

ONYCHOMYCOSIS OF THE FINGERNAIL **(Pulse regimen consisting of two one-week treatment periods with 200 mg b.i.d. separated by a 3-week period without SPORANOX®):**

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System / Adverse Event	Incidence (%) (n=37)
Rash / pruritus	3%
Hypertriglyceridemia	3%

Adverse events reported with an incidence of >1% in patients given SPORANOX® (two one-week treatment periods with 200 mg b.i.d. separated by a 3-week period without SPORANOX®; n=37) in the clinical trial of fingernail onychomycosis were: headache (3; 8%), pruritus (2; 5%), nausea (2; 5%), rhinitis (2; 5%), rash (1; 3%), bursitis (1; 3%), anxiety (1; 3%), depression (1; 3%), constipation (1; 3%), abdominal pain (1; 3%), dyspepsia (1; 3%), ulcerative stomatitis (1; 3%), gingivitis (1; 3%), hypertriglyceridemia (1; 3%), sinusitis (1; 3%), fatigue (1; 3%), malaise (1; 3%), pain (1; 3%) and injury (1; 3%).

SYSTEMIC FUNGAL INFECTIONS

Adverse experience data in the following table are derived from 602 patients treated for systemic fungal disease in U.S. clinical trials, who were immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% of patients due to adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table lists adverse events reported by at least 1% of patients.

Body System / Adverse Event (Incidence ≥ 1%)	Incidence (%)	Body System / Adverse Event (Incidence ≥ 1%)	Incidence (%)
Gastrointestinal disorders		Psychiatric disorders	
Nausea	10.6	Libido decreased	1.2
Vomiting	5.1	Somnolence	1.2
Diarrhea	3.3	Cardiovascular disorders	
Abdominal pain	1.5	Hypertension	3.2
Anorexia	1.2	Metabolic and nutritional disorders	
Body as a whole		Hypokalemia	2.0
Edema	3.5	Urinary system disorders	
Fatigue	2.8	Albuminuria	1.2
Fever	2.5	Liver and biliary system disorders	
Malaise	1.2	Hepatic function abnormal	2.7
Skin and appendages disorders		Reproductive disorders, male	
Rash	8.6*	Impotence	1.2
Pruritus	2.5		
Central / peripheral nervous system			
Headache	3.8		
Dizziness	1.7		

* Rash tends to occur more frequently in immunocompromised patients receiving immunosuppressive medications.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, tinnitus, menstrual disorder, adrenal insufficiency, gynecomastia and male breast pain.

In worldwide postmarketing experience with SPORANOX® Capsules, allergic reactions including rash, pruritus, urticaria, angioedema and, in rare instances, anaphylaxis and Stevens-Johnson syndrome, have been reported. Marketing experiences have also included reports of elevated liver enzymes and rare hepatitis. Although the causal association with SPORANOX® is uncertain, rare alopecia, hypertriglyceridemia, neutropenia and isolated cases of neuropathy have also been reported.

OVERDOSAGE

Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with sodium bicarbonate, should be employed.

There are limited data on the outcomes of patients ingesting high doses of itraconazole. In patients taking either 1000 mg of SPORANOX® (itraconazole) Oral Solution or up to 3000 mg of SPORANOX® Capsules, the adverse event profile was similar to that observed at recommended dosages.

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Skin Creams

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The claim: Vitamin C protects your skin not only from the sun, but also from free radicals, the reactive molecules from pollution, cigarette smoke, and ultraviolet rays that attack your skin's support system.

The reality: Vitamin C is mild natural sunscreen, but not adequate enough. As for its ability to protect the skin from free radicals, no study proves that it works topically in people. To date, the only study that has been done was by Dr. Sheldon Pinnell, a Duke University dermatology professor and consultant for SkinCeuticals skin-care products. He found that L-ascorbic acid lessened skin damage from ultraviolet light in guinea pigs.

"Don't get your hopes up too high," says Dr. Marianne O'Donoghue, a dermatologist and associate professor of dermatology at Rush Presbyterian-St. Luke Medical Center in New York. "There's no proof that it does any good—except on guinea pigs."

Cautions: To be absorbed, like the other acids, L-ascorbic acid must be a low pH, which means it stings and irritates. Because of these qualities, Dr. Jaliman suggests trying a sample before buying.

Sample products: Avon Anew Formula C Facial Treatment Capsules, 30 capsules, $18.50; Cellex-C Skin Firming Cream, 60 ml, $95; and Chanel Source Extreme Dual Benefit Complex Anti-Dryness/Anti-Wrinkle, 1.7 oz., $65.

Vitamin E

This vitamin has also been proven a cancer fighter within the body.

The claim: As an antioxidant, vitamin E protects your skin from the free radicals that attack your skin.

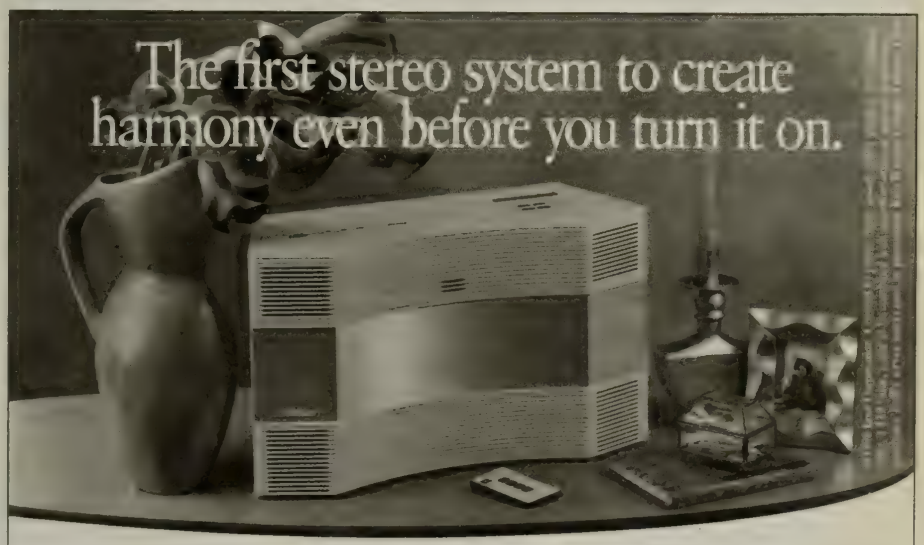
The reality: No scientific studies support this yet. "A lot of these vitamins, such as vitamin E, you have to

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Skin Creams

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take internally," Dr. Jaliman says. "You're not going to get the effect by just putting them on the surface of your skin."

Cautions: None.

Some products: L'Oreal Plenitude Future*e, 4 oz., $8.99; Lancome Primordiale Visibly Revitalizing Solution, 1 oz., $42.50; Chanel Source Extreme Dual Benefit Complex Anti-Dryness/Anti-Wrinkle, 1.7 oz., $65; and Chanel Formule Intensive Day Lift Lotion, 1 oz., $48.50.

Vitamin A

This derivative of vitamin A goes by many names, including Retinol, Retinyl Acetate, and Pro-Vitamin A. It is not, however, identical to Retin A or tretinoin.

The claim: Retinol is said to specialize in the reduction of wrinkles, including the deeper lines that start to show up when a person is 45 to 60. "We believe Retinol is the big breakthrough for the end of the 1990s, like AHA was three years ago," says Daniel Maes, vice president of research and development at Estee Lauder Worldwide.

The reality: Studies are inconclusive. Dr Jaliman says she doesn't know if Vitamin A has any antiaging effects. Some women, however, mistakenly think Retinol is an over-the-counter form of Retin A. "It's not the same chemical," she says.

Cautions: None.

Sample products: Avon Retinol Recovery Complex PM Treatment, 1 oz., $17.50; Neutrogena Healthy Skin Anti-Wrinkle Cream, 1.4 oz., $12.30; and Estee Lauder Diminish Retinol Treatment, 1 oz., $47.50.

Lycopene

The newcomer on the skin scene is an antioxidant extracted from tomatoes. Lycopene is what makes tomatoes red and has been linked to a reduced risk of prostate, colon, and rectal cancers.

The claim: The makers of some lycopene creams say they have antioxidant properties and help mop up free radicals which damage cells.

The reality: There is no scientific proof available that supports the application of antioxidants on skin, according to Dr. Ella L. Toombs, a Washington, D.C., dermatologist.

Cautions: Tomatoes are acidic, so apply the cream on a small area first.

Sample products: Origins Starting Over, 1 oz., $22.50; Cellex-C Firming Cream, 60 ml, $95. ♦

Ironclad Rules for Kids

Don't leave those lovable cartoon-character vitamins out on the table: It could prove to be a fatal mistake. Iron from supplements can kill children if it is taken in excessive amounts. About 10,000 children overdose on iron from supplements each year, resulting in some half-dozen fatalities.

Chewable vitamins made in eye-catching shapes and colors seem harmless enough, but they are potent vitamins—not candy—and should only be given in the amount prescribed. Also, children should have their vitamins handed to them by an adult and be taught the possible dangers of vitamin pills.

As a result of this potential danger, the United States Food and Drug Administration (FDA) is warning parents to keep iron supplements—and all vitamin and mineral supplements, even those with childproof caps—out of the reach of children.

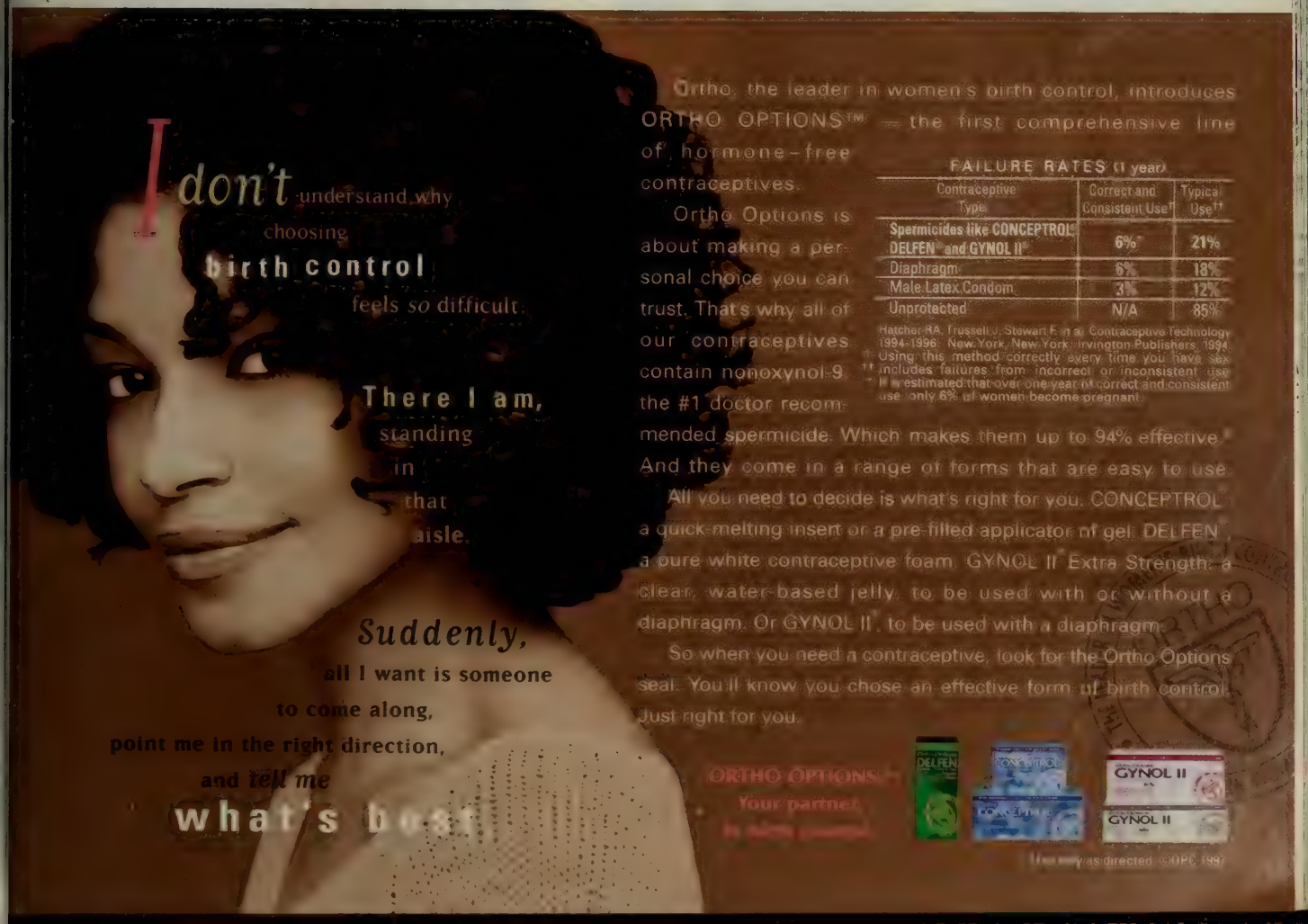
Signs of Iron Toxicity

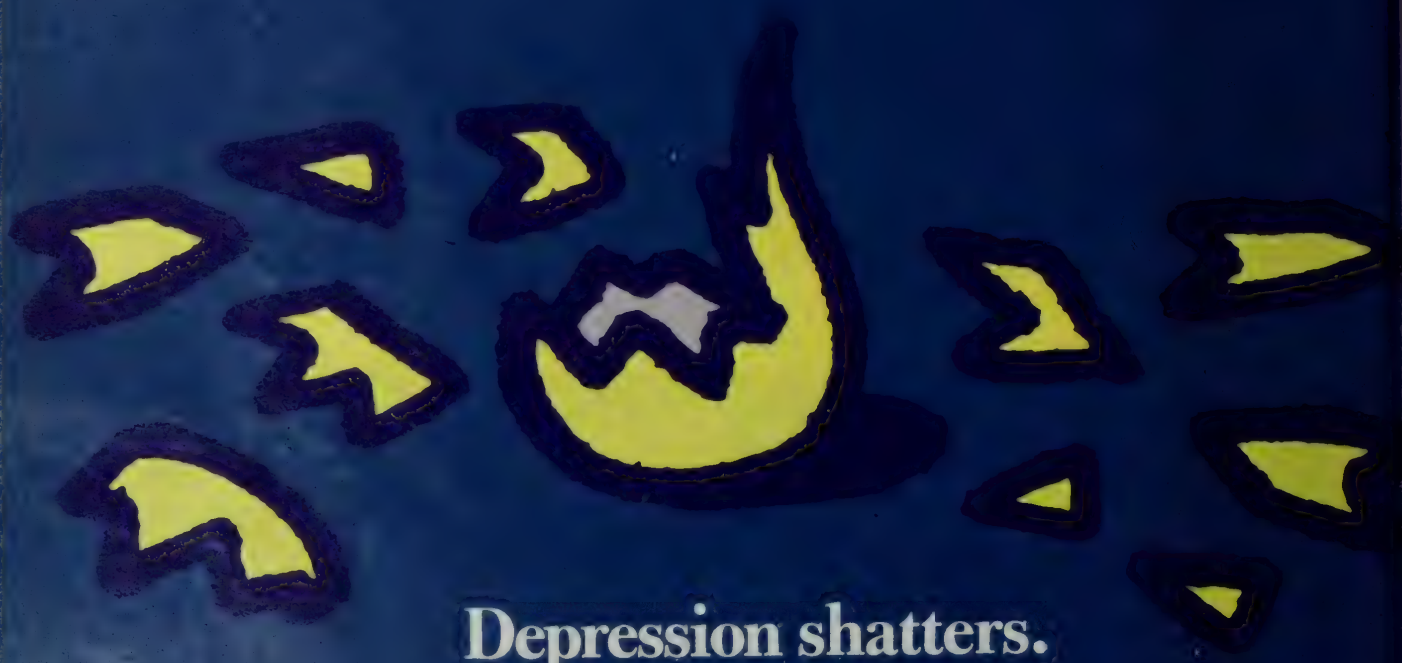
Symptoms of an iron overdose include nausea and vomiting, lethargy, and headaches. In the event of such occurrences, contact a poison control center immediately. (Most telephone directories include a poison control center number in their list of emergency numbers.)

If no emergency number is in your directory, contact the American Association of Poison Control Centers at 202/362-7217 or call toll-free directory assistance. Keep the number in a prominent place.

WARNING LABELS

Last year the FDA launched new packaging standards for any supplement containing 30 mg of iron or more. Labels must carry the following warning: "Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six years of age. Keep this product out of reach of children."





Depression shatters.

Depression breaks lives apart. It hurts the person who's depressed. And it's also painful for the people who love them.

You see, depression isn't "all in your head." It's a real illness with real causes. But the good news is that it can be treated.

Some people think you can just will yourself out of depression. That's not true. Many doctors believe that one thing that may cause depression is an imbalance of serotonin – a chemical in your body. If this happens, you may have trouble sleeping. Feel unusually sad or irritable. Find it hard to concentrate. Lose your appetite. Lack energy. Or have trouble feeling pleasure. These are some of the symptoms that can point to depression – especially if they last for more than a couple of weeks and if normal, everyday life feels like too much to handle.

To help fight depression, the medicine doctors now prescribe most often is Prozac®. Prozac isn't a "happy pill." It's not a tranquilizer. It won't turn you into a different person.

Some people do experience mild side effects, like upset stomach, headaches, difficulty sleeping, drowsiness, anxiety and nervousness. These tend to go away within a few weeks of starting treatment, and usually aren't serious enough to make most people stop taking it.



Prozac can help.

However, if you are concerned about a side effect, or if you develop a rash, tell your doctor right away. And don't forget to tell your doctor about any other medicines you are taking. Some people should not take Prozac, especially people on MAO inhibitors.

As you start feeling better, your doctor can suggest therapy or other means to help you work through your depression. Prozac has been carefully studied for nearly 10 years. But remember, Prozac is a prescription medicine, and it isn't right for everyone. Only your doctor can decide if Prozac is right for you—or for someone you love. Prozac has been prescribed for more than 17 million Americans. Chances are someone you know is getting it together again because of it.

prozac
fluoxetine hydrochloride

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Please see important information on following page.
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Prozac®
fluoxetine hydrochloride

Brief Summary. Consult the package insert for complete prescribing information.

Indications: For the treatment of depression, obsessive-compulsive disorder (OCD), and bulimia nervosa.

Contraindications: Known hypersensitivity to Prozac.

Monoamine Oxidase Inhibitors—There have been reports of serious, sometimes fatal, reactions in patients receiving fluoxetine in combination with an MAOI and in patients who have recently discontinued fluoxetine and are then started on an MAOI. Some cases presented with features resembling neuroleptic malignant syndrome.

Wait at least 14 days between discontinuing an MAOI and starting therapy with Prozac. Because of the long half-lives of fluoxetine and its active metabolite, wait at least 5 weeks (or longer, if fluoxetine has been prescribed chronically and/or at higher doses) between discontinuing Prozac and starting therapy with an MAOI. Prozac should not be used concomitantly with MAOIs.

Warnings: *Rash and Possibly Allergic Events*—In US fluoxetine clinical trials, 7% of 10,782 patients developed various types of rashes and/or urticaria. Among the cases reported in premarketing clinical trials, almost a third of these discontinued therapy because of rash and/or associated systemic signs or symptoms. Reported in association with rash were fever, leukocytosis, arthralgias, edema, carpal tunnel syndrome, respiratory distress, lymphadenopathy, proteinuria, and mild transaminase elevation. Most patients improved promptly upon discontinuation of fluoxetine and/or adjunctive treatment with antihistamines or steroids, and all were reported to recover completely.

Of 2 patients who developed a serious cutaneous systemic illness during premarketing clinical trials, 1 was considered to have a leukocytoclastic vasculitis, and the other, a severe desquamating syndrome considered variously to be a vasculitis or erythema multiforme. Other patients have had systemic syndromes suggestive of serum sickness.

Since the introduction of Prozac, systemic events possibly related to vasculitis have developed in patients with rash. Although these events are rare, they may be serious, involving the lung, kidney, or liver. Death has been reported to occur in association with these systemic events.

Anaphylactoid events, including bronchospasm, angioedema, and urticaria alone and in combination, have been reported.

Pulmonary events, including inflammatory processes of varying histopathology and/or fibrosis, have been reported rarely. These events have occurred with dyspnea as the only preceding symptom.

Whether these systemic events and rash have a common underlying cause or are due to different etiologies or pathogenic processes is not known. Upon the appearance of rash or of other possibly allergic phenomena for which an alternative etiology cannot be identified, Prozac should be discontinued.

Precautions:—*General*—The following events occurred in controlled clinical trials. See Tables 1 and 2 also.

- *Anxiety and Insomnia.*
- *Altered Appetite and Weight*—Significant weight loss may be an undesirable result of treatment. Weight change should be monitored during treatment of bulimia.
- *Activation of Mania/Hypomania*—In all US Prozac clinical trials, reported by 0.7% of 10,782 patients.
- *Seizures*—Introduce Prozac with care in patients with a history of seizures. In all US Prozac clinical trials, 0.2% of 10,782 patients reported convulsions.
- *Suicide*—Close supervision of high-risk patients should accompany initial drug therapy.
- *Long Elimination Half-Lives of Fluoxetine and Its Metabolites*—Because of the long elimination half-lives of the parent drug (1 to 3 days after acute administration and 4 to 6 days after chronic administration) and its major active metabolite (4 to 16 days after acute and chronic administration), changes in dose will not be fully reflected in plasma for several weeks, affecting both strategies for titration to final dose and withdrawal from treatment.
- *Use in Patients With Concomitant Illness*—Caution is advisable in patients with diseases or conditions that could affect metabolism or hemodynamic responses.
- *Interference With Cognitive and Motor Performance*—Patients should be cautioned about operating hazardous machinery, including automobiles, until they are reasonably certain that the drug does not affect them adversely.
- *Information for Patients*—Physicians should advise their patients to notify them if they
  - are taking or plan to take any prescription or over-the-counter drugs or alcohol
  - become pregnant or intend to become pregnant during therapy
  - are breast feeding an infant
  - develop a rash or hives
- *Drug Interactions*
  - Drugs Metabolized by P450IID6—Therapy with medications that are predominantly metabolized by the P450IID6 system, especially those that have a relatively narrow therapeutic index (eg, flecainide, vinblastine, and tricyclic antidepressants) should be initiated at the low end of the dosage range if a patient is receiving fluoxetine concurrently or has taken it in the previous 5 weeks. Alternately, the addition of fluoxetine to the treatment regimen of a patient already receiving a drug metabolized by P450IID6 may require a decreased dose of the original medication.
  - Drugs Metabolized by Cytochrome P450IIIA4—Data indicate that fluoxetine's extent of inhibition of cytochrome P450IIIA4 activity is not likely to be of clinical significance.
  - CNS Active Drugs—Caution is advised. Consideration should be given to using lower initial doses of the concomitantly administered drugs, using conservative titration schedules, and monitoring of clinical status.

    Anticonvulsants—Patients on stable doses of phenytoin and carbamazepine have developed elevated plasma anticonvulsant concentrations and clinical anticonvulsant toxicity.

    Antipsychotics—Some clinical data suggest a possible pharmacodynamic and/or pharmacokinetic interaction between SSRIs and antipsychotics.

    Benzodiazepines—The half-life of concurrently administered diazepam may be prolonged in some patients. Coadministration of alprazolam and fluoxetine has resulted in increased alprazolam plasma concentrations and in further psychomotor performance decrement due to increased alprazolam levels.

    Lithium—There have been reports of both increased and decreased lithium levels and lithium toxicity.

    Tryptophan—Five patients receiving tryptophan experienced adverse reactions, including agitation, restlessness, and gastrointestinal distress.

    Monoamine Oxidase Inhibitors—See Contraindications.

    Other Antidepressants—Previously stable plasma levels of imipramine and desipramine have increased greater than 2- to 10-fold when concomitantly administered with fluoxetine.
  - Drugs Tightly Bound to Plasma Proteins—A shift in plasma concentrations or displacement of fluoxetine may result in adverse effects.
  - Warfarin—Reports of altered anti-coagulant effects, including increased bleeding. Careful coagulation monitoring is recommended when fluoxetine is initiated or stopped.
  - Electroconvulsive Therapy—Rare reports of prolonged seizures in patients on fluoxetine receiving ECT.
- *Carcinogenesis, Mutagenesis, Impairment of Fertility*—There is no evidence of carcinogenicity, mutagenicity, or impairment of fertility with Prozac.
- *Pregnancy—Pregnancy Category C*—In embryo-fetal development studies in rats and rabbits, there was no evidence of teratogenicity at doses of up to 1.5 and 3.6 times, respectively, the MRHD (maximum recommended human dose) of 80 mg on a mg/m² basis throughout organogenesis. In the surviving offspring of rats treated at 1.5 times the MRHD, there was no evidence of developmental neurotoxicity. However, in rat reproduction studies, an increase in stillborn pups, a decrease in pup weight, and an increase in pup deaths during the first 7 days postpartum occurred following maternal exposure to 1.5 or 0.9 times the MRHD on a mg/m² basis during gestation or gestation and lactation, respectively. Prozac should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
- *Labor and Delivery*—The effect of Prozac is unknown. Prozac should be used only if the potential benefit justifies the potential risk to the fetus.
- *Nursing Mothers*—Prozac is excreted in human milk. Nursing while on Prozac is not recommended.
- *Pediatric Use*—Safety and effectiveness in pediatric patients have not been established.
- *Usage in the Elderly*—Evaluation of patients over age 60 who received Prozac, 20 mg, daily revealed no unusual pattern of adverse events relative to the clinical experience in younger patients. However, these data are insufficient to rule out possible age-related differences during chronic use, particularly in elderly patients with concomitant systemic illnesses or those receiving concomitant drugs.
- *Hyponatremia*—Hyponatremia (some cases with serum Na lower than 110 mmol/L) has been reported which appeared to be reversible on drug discontinuation. Some cases were possibly due to SIADH, and the majority have been in older patients and those taking diuretics or who were otherwise volume depleted.
- *Platelet Function*—Rare reports of altered platelet function and/or abnormal results from laboratory studies in patients taking fluoxetine. While there have been reports of abnormal bleeding in several patients taking fluoxetine, it is unclear whether fluoxetine had a causative role.

Adverse Reactions: It is important to emphasize that events reported during therapy were not necessarily caused by it.

Incidence in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 1 enumerates pooled data on treatment-emergent adverse events that occurred in 2% or more patients treated with Prozac and with incidence greater than placebo in the treatment of depression, OCD, or bulimia. See full prescribing information for table of treatment-emergent adverse events for each indication.

Table 1.

TREATMENT-EMERGENT ADVERSE EVENTS: INCIDENCE IN US DEPRESSION, OCD, AND BULIMIA PLACEBO-CONTROLLED CLINICAL TRIALS

	Percentage of Patients Reporting Event	
	Depression, OCD, and bulimia combined	
Body System/ Adverse Event*	Prozac (N=2444)	Placebo (N=1331)
Body as a Whole		
Headache	21	20
Asthenia	12	6
Flu Syndrome	5	4
Fever	2	1
Cardiovascular System		
Vasodilatation	3	1
Palpitation	2	1
Digestive System		
Nausea	23	10
Diarrhea	12	8
Anorexia	11	3
Dry mouth	10	7
Dyspepsia	8	5
Flatulence	3	2
Vomiting	3	2
Metabolic and Nutritional disorders		
Weight loss	2	1
Nervous System		
Insomnia	20	11
Anxiety	13	8
Nervousness	13	9
Somnolence	13	6
Dizziness	10	7
Tremor	10	3
Libido decreased	4	—
Respiratory System		
Pharyngitis	5	4
Yawn	3	—
Skin and Appendages		
Sweating	8	3
Rash	4	3
Pruritus	3	2
Special Senses		
Abnormal vision	3	1

*Included are events reported by at least 2% of patients taking Prozac, except the following events, which had an incidence on placebo ≥ Prozac (depression, OCD, and bulimia combined): abdominal pain, abnormal dreams, accidental injury, back pain, chest pain, constipation, cough increased, depression (includes suicidal thoughts), dysmenorrhea, gastrointestinal disorder, infection, myalgia, pain, paresthesia, rhinitis, sinusitis, thinking abnormal.

—Incidence less than 1%.



Associated With Discontinuation in US Placebo-Controlled Clinical Trials (excluding data from extensions of trials)—Table 2 lists the adverse events associated with discontinuation of Prozac treatment (incidence at least twice that for placebo and at least 1% for Prozac in clinical trials) in depression, OCD, and bulimia.

Other Events Observed In All US Clinical Trials—Frequent adverse events are defined as those occurring on 1 or more occasions in at least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1,000 patients; rare events are those occurring in less than 1/1,000 patients.

Table 2.

MOST COMMON ADVERSE EVENTS ASSOCIATED WITH DISCONTINUATION IN US DEPRESSION, OCD, AND BULIMIA PLACEBO-CONTROLLED CLINICAL TRIALS

Depression, OCD, and bulimia combined	Depression	OCD	Bulimia
—	—	Anxiety (2%)	—
Insomnia (1%)	Insomnia (1%)	—	Insomnia (2%
—	Nausea (1%)	—	—
Nervousness (1%)	Nervousness (1%)	—	—
—	—	Rash (3%)	—

Body as a Whole—*Frequent:* chills; *Infrequent:* chills and fever, face edem intentional overdose, malaise, pelvic pain, suicide attempt; *Rare:* abdomi syndrome acute, hypothermia, intentional injury, neuroleptic malignant syndro photosensitivity reaction.

Cardiovascular System—*Frequent:* hemorrhage, hypertension; *Infrequ* angina pectoris, arrhythmia, congestive heart failure, hypotension, migrai myocardial infarct, postural hypotension, syncope, tachycardia, vascular headac *Rare:* atrial fibrillation, bradycardia, cerebral embolism, cerebral ischem cerebrovascular accident, extrasystoles, heart arrest, heart block, pallor, periph vascular disorder, phlebitis, shock, thrombophlebitis, thrombosis, vasospas ventricular arrhythmia, ventricular extrasystoles, ventricular fibrillation.

Digestive System—*Frequent:* increased appetite, nausea and vomiti *Infrequent:* aphthous stomatitis, cholelithiasis, colitis, dysphagia, eructati esophagitis, gastritis, gastroenteritis, glossitis, gum hemorrhage, hyperchlorhyd increased salivation, liver function tests abnormal, melena, mouth ulcerati nausea/vomiting/diarrhea, stomach ulcer, stomatitis, thirst; *Rare:* biliary p bloody diarrhea, cholecystitis, duodenal ulcer, enteritis, esophageal ulcer, fe incontinence, gastrointestinal hemorrhage, hematemesis, hemorrhage of col hepatitis, intestinal obstruction, liver fatty deposit, pancreatitis, peptic ulcer, re hemorrhage, salivary gland enlargement, stomach ulcer hemorrhage, tong edema.

Endocrine System—*Infrequent:* hypothyroidism; *Rare:* diabetic acidos diabetes mellitus.

Hemic and Lymphatic System—*Infrequent:* anemia and ecchymosis; *R* blood dyscrasia, hypochromic anemia, leukopenia, lymphedema, lymphocyto petechia, purpura, thrombocythemia, thrombocytopenia.

Metabolic and Nutritional—*Frequent:* weight gain; *Infrequent:* dyhydrati generalized edema, gout, hypercholesteremia, hyperlipemia, hypokalem peripheral edema; *Rare:* alcohol intolerance, alkaline phosphatase increased, B increased, creatine phosphokinase increased, hyperkalemia, hyperuricem hypocalcemia, iron deficiency anemia, SGPT increased.

Musculoskeletal System—*Infrequent:* arthritis, bone pain, bursitis, leg cram tenosynovitis; *Rare:* arthrosis, chondrodystrophy, myasthenia, myopathy, myos osteomyelitis, osteoporosis, rheumatoid arthritis.

Nervous System—*Frequent:* agitation, amnesia, confusion, emotional labi sleep disorder; *Infrequent:* abnormal gait, acute brain syndrome, akathisia, apa ataxia, buccoglossal syndrome, CNS depression, CNS stimulati depersonalization, euphoria, hallucinations, hostility, hyperkinesia, hyperto hypesthesia, incoordination, libido increased, myoclonus, neuralgia, neuropa neurosis, paranoid reaction, personality disorder,* psychosis, vertigo; *R* abnormal electroencephalogram, antisocial reaction, circumoral paresthesia, co delusions, dysarthria, dystonia, extrapyramidal syndrome, foot dr hyperesthesia, neuritis, paralysis, reflexes decreased, reflexes increased, stupor

Respiratory System—*Infrequent:* asthma, epistaxis, hiccup, hyperventilat *Rare:* apnea, atelectasis, cough decreased, emphysema, hemopty hypoventilation, hypoxia, larynx edema, lung edema, pneumothorax, stridor.

Skin and Appendages—*Infrequent:* acne, alopecia, contact dermatitis, eczem maculopapular rash, skin discoloration, skin ulcer, vesiculobullous rash; *R* furunculosis, herpes zoster, hirsutism, petechial rash, psoriasis, purpuric ra pustular rash, seborrhea.

Special Senses—*Frequent:* ear pain, taste perversion, tinnitus; *Infrequ* conjunctivitis, dry eyes, mydriasis, photophobia; *Rare:* blepharitis, deafn diplopia, exophthalmos, eye hemorrhage, glaucoma, hyperacusis, iritis, paros scleritis, strabismus, taste loss, visual field defect.

Urogenital System—*Frequency:* urinary frequency; *Infrequent:* abortic albuminuria, amenorrhea,† anorgasmia, breast enlargement, breast pain, cyst dysuria, female lactation,† fibrocystic breast,† hematuria, leukorrhe menorrhagia,† metrorrhagia,† nocturia, polyuria, urinary incontinence, urin retention, urinary urgency, vaginal hemorrhage†; *Rare:* breast engorgem glycosuria, hypomenorrhea,† kidney pain, oliguria, priapism,† uter hemorrhage,† uterine fibroids enlarged.†

*Personality disorder is the COSTART term for designating nonaggres objectionable behavior.

†Adjusted for gender.

Postintroduction Reports—Voluntary reports of adverse events tempor associated with Prozac that have been received since market introduction and may have no causal relationship with the drug include the following: apla anemia, atrial fibrillation, cerebral vascular accident, cholestatic jaund confusion, dyskinesia (including, for example, a case of buccal-lingual-mastica syndrome with involuntary tongue protrusion reported to develop in a 77-year female after 5 weeks of fluoxetine therapy and which completely resolved over next few months following drug discontinuation), eosinophilic pneumo epidermal necrolysis, erythema nodosum, exfoliative dermatitis, gynecoma heart arrest, hepatic failure/necrosis, hyperprolactinemia, immune-rel hemolytic anemia, kidney failure, misuse/abuse, movement disorders developir patients with risk factors including drugs associated with such events worsening of preexisting movement disorders, neuroleptic malignant syndro like events, pancreatitis, pancytopenia, priapism, pulmonary embolism prolongation, Stevens-Johnson syndrome, sudden unexpected death, suic ideation, thrombocytopenia, thrombocytopenic purpura, vaginal bleeding after withdrawal, and violent behaviors.

Overdosage: Prominent symptoms of overdose included nausea and vomitin well as agitation, restlessness, hypomania, and other signs of CNS excitation.

In managing overdosage, consider the possibility of multiple drug involver A specific caution involves patients taking or recently having taken fluoxetine might have ingested excessive quantities of a TCA. Accumulation of the pa tricyclic and an active metabolite may increase the possibility of clinically signifi sequelae and extend the time needed for close medical observation (*see C* Antidepressants *under* Precautions).

Reports of death attributed to overdosage of fluoxetine alone have extremely rare.

PV2472—DPP [061

Additional information available to the profession on request.

FL-10261-1-10039495-198

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TRISTAR

How to Improve Your Memory

by Harriet Webster



You see a terrific movie. A week later a friend asks you what it was about, but you can't really remember.

You're getting ready to take your child to day care when the phone rings. You set down your car keys. When you hang up, you can't find them.

You run into a coworker and she acts annoyed with you but you don't know why. Later you realize you stood her up for lunch last week.

Any of these situations sound familiar? You're not alone. Middle-age mental meltdown—the feeling that you just can't remember things like you used to—happens to a lot of people.

"There's incredible variability in memory as people age, but by the time people reach their 50s, their scores on memory tests are reduced to about half of what they had in their 20s," says Suzanne Craft, a neuropsychologist and psychiatry professor at the University of Washington in Seattle.

As we age, our learning rate generally slows down, and it takes longer to learn a given amount of information than when we were younger, says Richard C. Mohs, a psychiatry professor at Mount Sinai Medical Center in New York City. Older men and women may have a more difficult time absorbing information, but once they've stored the material, they're not any more likely to forget it than a younger person.

"Forgetting and memory failure are a part of everyone's life," says Mohs. Also, factors that hinder learning at any age—such as distracting background noise—have a greater impact on older people than younger people.

Some older people often fear the worst when their brain starts to feel fuzzy. They think they may be in the early stage of Alzheimer's disease or have some other serious illness, but most of the time, that's not the case.

"Forgetting and memory failure are a part of everyone's life."

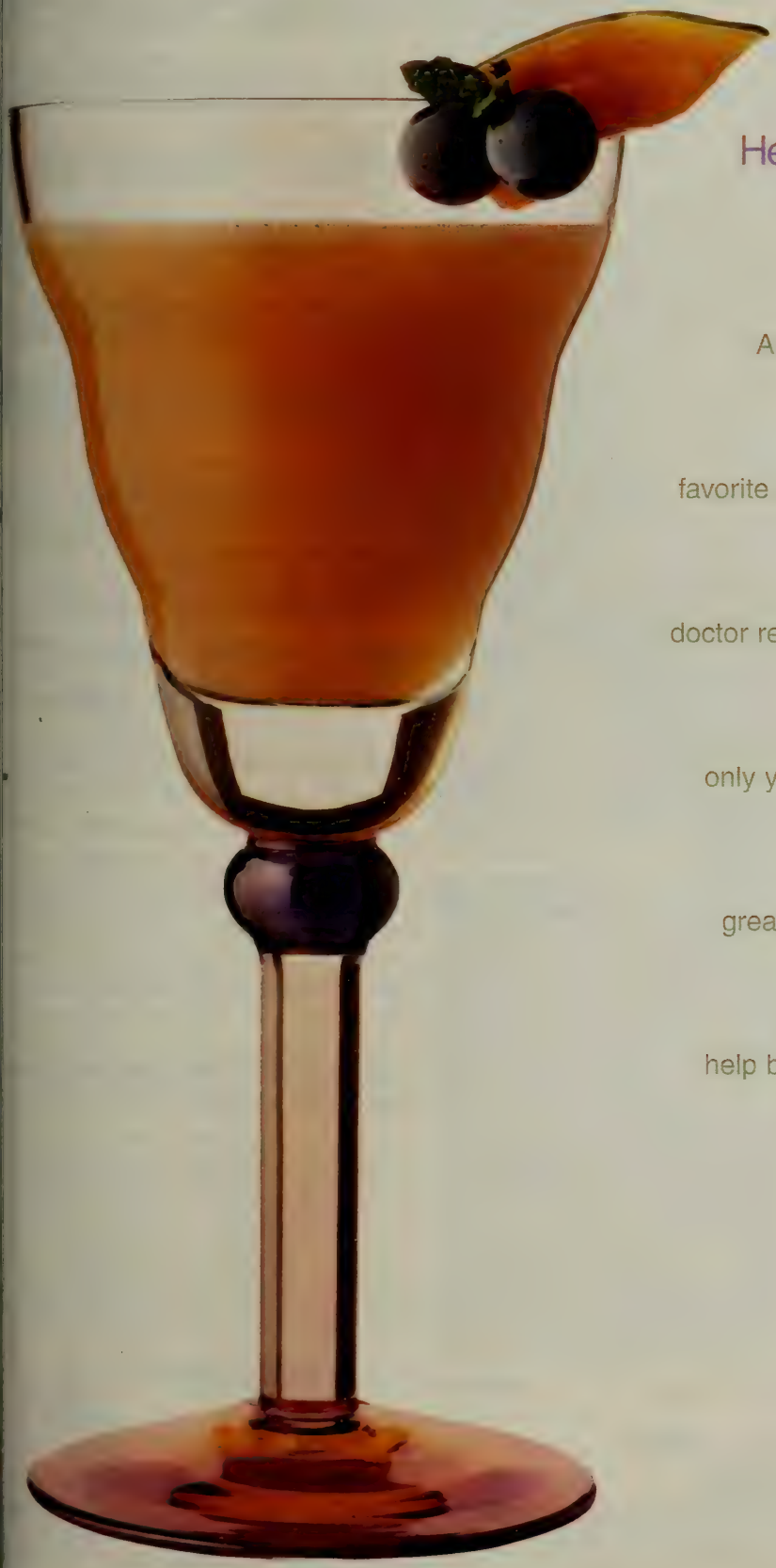
"Memory change is really a symptom, like a cough," says Cynthia Green, director of the the Memory Enhancement Program at Mount Sinai. "We know of at least 75 things that can cause memory change, including fatigue, aging, stress, thyroid dysfunction, and depression."

If your forgetfulness starts to become progressively worse and significantly interfere with normal functioning, you should see a doctor who specializes in memory function, Green says. Other symptoms that may signal a health problem include getting lost in a familiar setting, developing difficulty with routine chores (such as cooking), or increasingly forgetting appointments or conversations.

Reasons for memory lapses. There is no proven explanation for declines in memory associated with aging.

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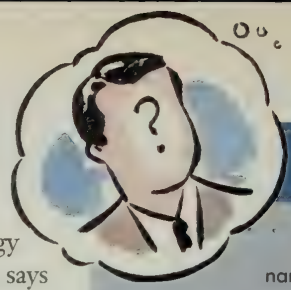
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Your Memory

continued from page 104



Margie Lachman, a psychology professor at Brandeis University, says the current theory focuses on several factors, including a change in the central nervous system associated with aging which leads to slower processing of information.

Researchers are also exploring ways in which changes in the different parts of the brain may contribute to memory difficulties. Some experts believe people have difficulty recalling information as they age because of the sheer volume of information stored; they compare an aging mind to a cluttered file cabinet.

An important first step in easing memory difficulties is pinpointing the causes of your forgetfulness. Some of the major culprits:

- Stress. Significant stress and anxiety frequently impair memory at any age. For example, new parents often find themselves forgetting things.
- Fatigue. Fatigue lowers memory potential by making it harder to pay attention and focus, says Green. "If you can't focus, you're not going to acquire the information effectively." Fatigue also makes it hard to recall things you've known for a long time.
- Information overload. This occurs when you simply have too many things you're trying to remember all at once.
- Isolation. "Isolation is one of the great saboteurs of memory," says Fred Chernow, a memory researcher and author of *The Sharper Mind.* Older people who stay involved with a network of friends hold onto their memories much longer than those with little social contact.
- Lack of exercise. Exercise helps stimulate the nervous system. People who are aerobically fit have better memory function later in life than those who aren't, says Mohs.
- Medication. Many commonly prescribed drugs (such as Aldomet for hypertension and Elavil for treatment of depression) can affect mental sharpness, says Dr. Steven Lamm, author of *Younger at Last: The New World of Vitality Medicine.* Alcohol and some over-the-counter medicines cause drowsiness, which dulls the capacity to pay attention and absorb information accurately.
- Hearing and vision impairments. If you don't hear completely or you can't see clearly, you probably won't remember something because you never really took it in.

Whatever the cause of the problem, Lachman says, there are things you can do to improve your memory.

Steps to boost your memory. Every day, your brain has to do incredibly complex tasks. "Your brain has to sort out things that happened to you yesterday compared to things that happened 20 years ago," says Dr. Lamm. "It has to be able to recall smells, images, music, and to say 'I've heard that or I've seen that before.' "

To manage these complex functions, the brain requires blood flow sufficient to deliver important nutrients, such as sugar, which it burns to produce energy. As you age, the metabolism of your brain slows down, reducing the amount of energy available to produce acetylcholine, a neurotransmitter important in memory transmission.

A person who is physically fit, has low cholesterol, and is eating and sleeping well is more likely to have improved circulation to the brain, says Dr. Lamm. This results in greater supply of acetylcholine, which leads to a sharper memory. Conversely, poor nutrition, excessive drug and alcohol use, sleep deprivation, and excessive stress can reduce blood flow to the brain, reducing the supply of acetylcholine and negatively impacting memory.

While maintaining good general health is the best way to maintain a good memory, these six specific strategies can help—no matter what your age.

Pay attention. "For the vast majority of people in their 30s and 40s who come to me complaining about memory," says Craft, "it's not a memory problem. It's a problem with attention. If you can't pay attention to something, you can't remember it."



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THE NAME GAME

If you can't recall names after being newly introduced, author Fred Chernow offers this five-step plan.

1. Say the person's name early in the conversation. This validates that you heard the name correctly and allows you to hear it in your own voice.
2. Use the name in the conversation three times.
3. Ask a question the other person will have to answer with more than yes or no. This gives you a chance to concentrate, observing the speaker and listening to the timbre of his voice.
4. Make a vivid link or association. "If I meet someone named Susan, I might think about another Susan I know," he says.

Or, picture the person and what it is you're trying to remember. For example, if your new acquaintance is talking about a family trip to Florida, make a visual link by picturing her on the beach.

5. End the conversation with the person's name.

The process might sound a bit cumbersome at first, but Chernow says, it will soon become a habit.

THE GINKGO CONNECTION

Insufficient blood circulation is a common cause of memory problems. The herb Ginkgo biloba has been touted as a memory booster because it may increase blood flow to the brain.

While studies have shown promising evidence of this, experts agree the jury is still out. Much of the studies have been done only on elderly people with dementia. A study published last year in the *Journal of the American Medical Association* found Ginkgo moderately improved the memories of Alzheimer's patients.

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BRIEF SUMMARY

CLINICAL PHARMACOLOGY ***Pharmacokinetics and Metabolism:*** **Omeprazole –** In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance of healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE ***Duodenal Ulcer:*** PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD):*** **Symptomatic GERD –** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis).

CONTRAINDICATIONS ***Omeprazole:*** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic. Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been post-marketing reports of drug interactions when clarithromycin and/or erythromycin are co-administered with cisapride, pimozide, or terfenadine resulting in cardiac arrhythmias (QT prolongation, ventricular tachycardia, ventricular fibrillation, and torsades de pointes) most likely due to inhibition of hepatic metabolism of these drugs by erythromycin and clarithromycin. Fatalities have been reported. (Please refer to full prescribing information for clarithromycin before prescribing.)

WARNING: ***Clarithromycin:*** **CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)**

PRECAUTIONS ***General:*** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:*** **Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) Concomitant administration of clarithromycin with cisapride, pimozide, or terfenadine is contraindicated. There have been reports of an interaction between erythromycin and astemizole resulting in QT prolongation and torsades de pointes. Concomitant administration of erythromycin and astemizole is contraindicated. Because clarithromycin is also metabolized by cytochrome P450, concomitant administration of clarithromycin with astemizole is not recommended. (See also CONTRAINDICATIONS, *Clarithromycin*, above. Please refer to full prescribing information for clarithromycin before prescribing.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:*** **Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195)
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole.

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo (n=120)
Body as a Whole, site unspecified	Abdominal pain	5.2	3.3
	Asthenia	1.3	0.8
Digestive System	Constipation	1.5	0.8
	Diarrhea	3.7	2.5
	Flatulence	2.7	5.8
	Nausea	4.0	6.7
	Vomiting	3.2	10.0
	Acid regurgitation	1.9	3.3
Nervous System/Psychiatric	Headache	2.9	2.5

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or international trials, occurring since the drug was marketed, are shown below within each body system. In many instances, the relationsl to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdominal swelli *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral eden *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidias mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have be noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastro-duode carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hepa* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkali phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellu cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopat *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, mus weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggressi hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormalities; vertig paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, cases of sev generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syndrome, a erythema multiforme (some severe); skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperhidro *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urinary tr infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, testicu pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytoper neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination Therapy w Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse experienc peculiar to this drug combination have been observed. Adverse experiences that have occurred have been limited those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed in control clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from those previou described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), pharyngitis (1 and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert, ADVER REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 9 mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusio drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms w transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosage is know Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatm should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION ***Duodenal Ulcer:*** Short-Term Treatment of Active Duodenal Ulcer: The reco mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients may requ an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14:	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 mg q.d.

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for informat regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General*, PRECAUTIONS: *Geriatric Use* a PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a day for 4 t weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer*.) ***Gastroesophageal Reflux Disease (GERD):*** The reco mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is 20 mg d for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis and acco panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Maintenance Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hypersecret Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with the individ patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to individual pati needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been administered. D dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessary for patie with renal impairment, hepatic dysfunction or for the elderly.

Distributed by:
Astra Merck
Wayne, PA 19087, USA

Manufactured
Merck & Co., I
West Point, PA 19486, US

February 1997 PRC-40/3/97 PR

NOTE: This summary provides important information about PRILOSEC. If you would li more information, ask your doctor or pharmacist to let you read the professional labeling a then discuss it with them.

*Registered trademark of Astra AB.

Your Memory

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Oftentimes the problem isn't that you can't remember information, but that you never learned it in the first place. Sometimes people think that their memory is failing when the real issue is more an inability to concentrate. To fight this, try making a conscious effort to attend to what is being said or shown.

Get organized. "People who are well organized have better memories than those who lead cluttered lives. People whose lives are cluttered with physical objects have cluttered minds," says author Fred Chernow. "If you threw a piece of paper in the Grand Canyon, would you have trouble retrieving it? Yes! The same goes for the brain."

One of the most common memory complaints is "I always lose things." We lose things because we forget where we put them. Good organizational skills can help. "Whether it's your car keys or your glasses, put the object in the same place every day," advises Lachman. "Once you learn the location and use it regularly, then you are not going to forget it."

Use memory aids. We all need to write things down from time to time. "It's not cheating," says Chernow. "As Confucius said, 'The strongest memory is not as good as the weakest ink.' If I write it down, I'll remember it."

Make lists and use an appointment book and calendars. The calendar functions not only as a reminder of future events, but as a retrospective memory aid. After returning home from a social occasion, Chernow takes a minute to write down the names of new people he met and a few words about each one.

Make association a habit. "Memories are formed by making connections with other memories," says Craft. "The more you connect new information with what you already know, the more likely you'll be to remember it. The more effort you spend on working with the new information, the more likely you are to retain it."

Also, try being more observant. People who notice more, such as someone's eye or hair color, tend to remember more.

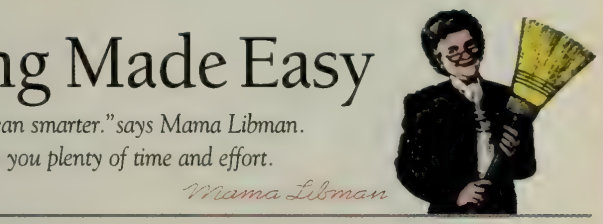
Actively acquire information. If you have difficulty retaining new information when reading, underline the important points. "Underlining makes you read the information a second time and is an incredibly effective way of encoding information," says

continued on page 112

Cleaning Made Easy

"Don't clean harder, clean smarter." says Mama Libman. Her products can save you plenty of time and effort.

Mama Libman





Libman Wonder Mop™

Just slide the wringer sleeve down and twist. The Wonder Mop has a special sleeve to protect your hands and clothes from splashes – other twist mops can get so messy. And the Wonder Mop has more cloth for easier cleaning.

Libman Precision Angle™ Broom

It fits into tight spots all around the house. The fibers have "split ends" that push and pick up dirt better – that means less work for you. It's angled to meet the floor so you don't have to hunch over to use it.



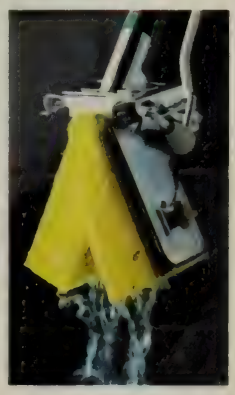


Libman Brushes for every need

The handles are bigger and fit your hands better so scrubbing is easy and comfortable. Mama Libman offers a selection of brushes for the kitchen, bath, patio and workshop. Every Libman brush is hardworking and beautifully designed.

Libman Gator Mop™

With powerful steel springs and nylon rollers, the Libman Gator Mop almost wrings itself. Its natural cellulose sponge absorbs and cleans better. The handle grip is easy to grasp. And changing the sponge couldn't be easier.

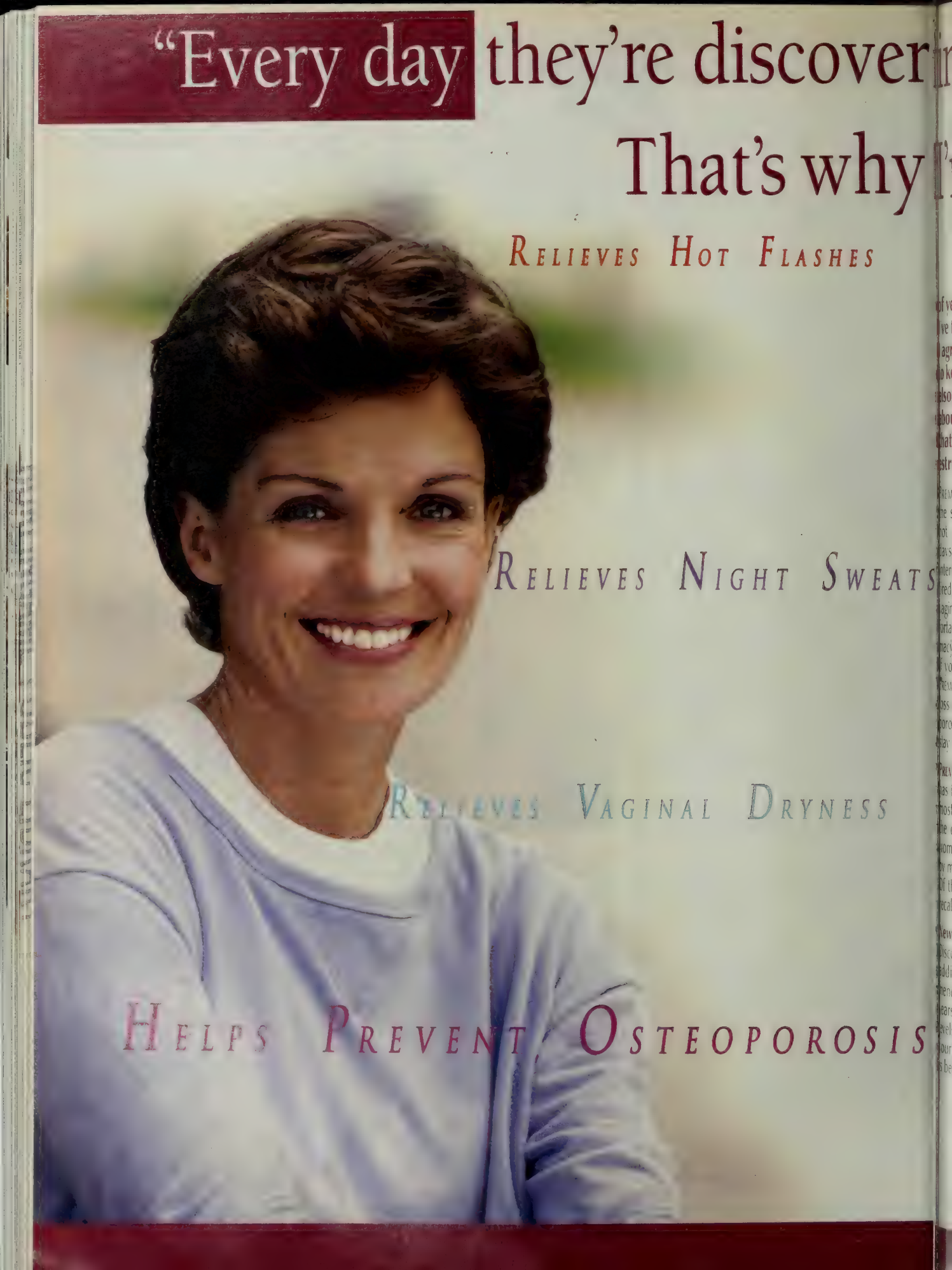


LIBMAN

Check out Mama's cleaning tips at www.mamalibman.com

"Every day they're discover

That's why



ing more about estrogen loss.

I'm glad I take my Premarin."

"I started taking PREMARIN a number of years ago. My hot flashes went away, and I've felt wonderful ever since. My doctor and I agreed that I should keep taking it, not just to keep my symptoms from coming back, but also to prevent bone loss. Recently, I heard about new research. It's comforting to know that they're discovering even more about estrogen loss and menopause."

PREMARIN offers you many benefits. It relieves the symptoms of menopause. The hot flashes that can disrupt your days. The night sweats that can interrupt your sleep and make you tired and irritable the next day. The vaginal dryness that can be uncomfortable and interfere with sexual intimacy. These symptoms may return if you stop taking your PREMARIN. PREMARIN also helps to prevent bone loss by protecting against osteoporosis, and helps to ensure you'll stay active in the years to come.



PREMARIN has earned your confidence. PREMARIN has been prescribed for more than 50 years. The most studied of all estrogens, PREMARIN has earned the confidence of generation after generation of women all over the world. Today, PREMARIN is taken by more than 9,000,000 women in the U.S. alone. Of the 40 billion tablets sold, not one has been recalled. Ever.

New research keeps PREMARIN at the forefront. Discoveries in medical science continue to reveal additional benefits of PREMARIN throughout menopause—and beyond. For example, in recent years it was learned that PREMARIN increases your levels of "good" cholesterol (HDLs) and decreases your levels of "bad" cholesterol (LDLs). And more is being learned every day.

New research into estrogen loss and the effects of menopause. Wyeth-Ayerst, the maker of PREMARIN, has established the Women's Health Research Institute (WHRI). WHRI is dedicated to the discovery and development of medicines that help women live longer, healthier lives, and to ongoing research into the effects of estrogen loss and estrogen replacement therapy. A heritage of confidence... a commitment to your future. Good reasons why PREMARIN is an important part of your life...now more than ever.

There can be side effects with hormones. One side effect of estrogen replacement therapy is the possibility of developing cancer of the uterus. If you have had a hysterectomy, you don't have this risk. Adding the hormone progestin to your estrogen greatly reduces this risk.

When you discuss hormone replacement therapy with your doctor or health care provider, be sure to discuss your personal and family history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, or heart disease. Women who are pregnant should not take hormone replacement therapy because of possible risk to the fetus.

If you have any questions about your PREMARIN prescription, speak with your doctor or health care provider.

Please be sure to read the important information on the following page.

"Taking my PREMARIN is something I do for myself every day. PREMARIN will continue to be my estrogen, now, more than ever."

For me, it's **PREMARIN®**

(conjugated estrogens tablets, USP) 0.625 mg

The appearance of the Premarin tablet is a trademark of Wyeth-Ayerst Laboratories.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the most current Premarin Tablets Direction Circular, CI 3908-9, Revised May 21, 1997.

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WAPR-0531

World Leadership in Women's Health Care.®

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Philadelphia, PA 19101

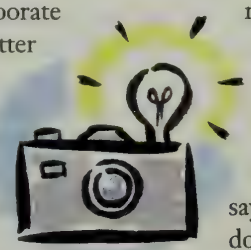
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Your Memory

continued from page 109

Craft. Go a step further and paraphrase what you've just read in your own words.

Similarly, it's frustrating to enjoy a movie but not be able to remember any details later on. Surmount this hurdle by reviewing the events in sequence right after the show is over. Better yet, says Lachman, "As soon as it's over, talk about it or make a few notes. The more you organize your thoughts and elaborate on the details, the better you'll remember it."



Just picture it. Andrew Dubin, an education professor at San Francisco State University and author of *How to Remember Anything*, teaches a process of visual memory called the mnemonic approach, after Mnemosyne, the Greek goddess of memory. The technique relies on visual recall and involves tapping into your visual memory by taking the time to consciously create a picture in your mind.

If you are at a friend's house and you don't want to forget your umbrella, Dubin says, associate leaving with the door. Then associate the door with your umbrella. Instead of seeing the door, visually replace it with your umbrella. "By taking a moment to say, 'I want to remember this,' and creating an image of that information, you force your mind to make a special print." ♠


VANILLA FIELDS
ONLY NATURE COULD INSPIRE SO PERFECT A GIFT.
VANILLA FIELDS

WRINKLES? BROWN SPOTS? ROUGHNESS?

ASK YOUR DERMATOLOGIST ABOUT RENOVA®, FROM THE MAKERS OF RETIN-A®.

RENOVA WORKS.

Renova is unlike any other anti-aging or anti-wrinkle cream. It is a prescription cream that is proven to work.

Because Renova is a prescription wrinkle cream, you won't find it on any cosmetic shelf, you'll need to see your doctor. And while it won't work overnight, if you follow a total skin care program, it can work for you.

HOW RENOVA AND RETIN-A ARE THE SAME. AND DIFFERENT.

Renova is a rich emollient cream whose active ingredient is a vitamin A derivative like the one naturally occurring in your body. It's called Tretinoin. The same active ingredient in Retin-A.

But while Retin-A is formulated for acne-prone skin, Renova is a rich emollient cream developed to treat lines, wrinkles, brown spots, and surface roughness. Leaving your skin with a smoother texture and a rosier glow.

Renova works deep at the cellular level to increase collagen. That's how researchers believe Renova reduces signs of aging.

Like other prescription medications, Renova has been tested for safety and effectiveness. While it will not *repair* sun damaged skin or *reverse* the aging process, it *is* proven to *reduce* wrinkles, *fade* brown spots, and *smooth* roughness.

When you use Renova, you can expect to experienc some redness, itching, or flaking. This is most often mild, and most common when treatment is started. So your skin will become softer and smoother, with a rosi glow. When using Renova, or any other anti-wrinkle cream, you should limit exposure to the sun and alway use a sunscreen.

Renova is a dermal irritant. Results of use beyond 48 weeks have not been established in controlled clinic trials. Some people using Renova longer have shown evidence of atypical skin changes, the significance of which is unknown. Clinical trials in those over 50 or with moderately or heavily pigmented skin have not been conducted.

Call today for your FREE information ki and $10 savings.

1-800-64-RENOVA

WRINKLES AND FINE LINES

BEFORE



AFTER



While no cream will completely eliminate wrinkles, Renova is the only prescription cream proven to reduce wrinkles and fine lines. Unlike over-the-counter wrinkle creams which simply exfoliate the surface layer of your skin, Renova works deep at the cellular level. That's why researchers believe Renova increases collagen to reduce signs of aging.

BROWN SPOTS

BEFORE



AFTER



Renova is proven to reduce and fade brown spots. Brown spots will begin to fade and the fine lines around your eyes and mouth start to disappear after only 2 or 3 months.

RENOVA®

(tretinoin emollient cream) 0.05%



All before-and-after photographs are completely unretouched. Results are after 24 weeks treatment with Renova and a total skin care program, including sun protection. Individual results may vary.

See following page for important information © OPC 1998

RENOVA®

(TRETINOIN EMOLLIENT CREAM)

0.05%

FOR TOPICAL USE ON THE FACE ONLY

Brief Summary

RENOVA (tretinoin emollient cream) 0.05% contains the active ingredient tretinoin (a retinoid) in an emollient cream base.

IMPORTANT NOTE — This information is a BRIEF SUMMARY of the complete prescribing information provided with the product and therefore should not be used as the basis for prescribing the product. This summary was prepared by deleting from the complete prescribing information certain text, tables, and references. The physician should be thoroughly familiar with the complete prescribing information before prescribing the product.

INDICATIONS AND USAGE:

RENOVA (tretinoin emollient cream) 0.05% is indicated as an adjunctive agent (see second bullet point below) for use in the mitigation (palliation) of fine wrinkles, mottled hyperpigmentation, and tactile roughness of facial skin in patients who do not achieve such palliation using comprehensive skin care and sun avoidance programs alone (see bullet point 3 for populations in which effectiveness has not been established). **RENOVA DOES NOT ELIMINATE WRINKLES, REPAIR SUN DAMAGED SKIN, REVERSE PHOTOAGING, or RESTORE A MORE YOUTHFUL or YOUNGER DERMAL HISTOLOGIC PATTERN.** Many patients achieve desired palliative effects on fine wrinkling, mottled hyperpigmentation, and tactile roughness of facial skin with the use of comprehensive skin care and sun avoidance programs including sunscreens, protective clothing, and emollient creams **NOT** containing tretinoin.

- RENOVA has demonstrated NO MITIGATING EFFECT on significant signs of chronic sun exposure such as coarse or deep wrinkling, skin yellowing, lentigines, telangiectasia, skin laxity, keratinocytic atypia, melanocytic atypia, or dermal elastosis.
- RENOVA should be used under medical supervision as an adjunct to a comprehensive skin care and sun avoidance program that includes the use of effective sunscreens (minimum SPF of 15) and protective clothing when desired results on fine wrinkles, mottled hyperpigmentation, and roughness of facial skin have not been achieved with a comprehensive skin care and sun avoidance program alone.
- The effectiveness of RENOVA in the mitigation of fine wrinkles, mottled hyperpigmentation, and tactile roughness of facial skin has not been established in people greater than 50 years of age OR in people with moderately to heavily pigmented skin. In addition, patients with visible actinic keratoses and patients with a history of skin cancer were excluded from clinical trials of RENOVA. Thus the effectiveness and safety of RENOVA in these populations are not known at this time. (See **WARNINGS** section.)
- Neither the safety nor the effectiveness of RENOVA for the prevention or treatment of actinic keratoses or skin neoplasms has been established.
- Neither the safety nor the efficacy of using RENOVA daily for greater than 48 weeks has been established, and daily use beyond 48 weeks has not been systematically and histologically investigated in adequate and well-controlled trials. (See **WARNINGS** section.)

CONTRAINDICATIONS:

This drug is contraindicated in individuals with a history of sensitivity reactions to any of its components. It should be discontinued if hypersensitivity to any of its ingredients is noted.

WARNINGS

- RENOVA is a dermal irritant, and the results of continued irritation of the skin for greater than 48 weeks are not known. There is evidence of atypical changes in melanocytes and keratinocytes, and of increased dermal elastosis in some patients treated with RENOVA for longer than 48 weeks. The significance of these findings is unknown.
- Safety and effectiveness of RENOVA in individuals with moderately or heavily pigmented skin have not been established.

- RENOVA should not be administered if the patient is also taking drugs known to be photosensitizers (e.g., thiazides, tetracyclines, fluoroquinolones, phenothiazines, sulfonamides) because of the possibility of augmented phototoxicity.
- Safety and effectiveness of RENOVA in individuals older than 50 years of age have not been established.

This product should only be used under medical supervision as part of a comprehensive skin care and sun avoidance program. (See **INDICATIONS AND USAGE** section.) It should only be applied before retiring at night. Because of heightened burning susceptibility, exposure to sunlight (including sunlamps) should be avoided or minimized during use of RENOVA. Patients must be warned to use sunscreens (minimum SPF of 15) and protective clothing when using RENOVA. Patients with sunburn should be advised not to use RENOVA until fully recovered. Patients who may have considerable sun exposure due to their occupation and those patients with inherent sensitivity to sunlight should exercise particular caution when using RENOVA and assure that the precautions outlined in the Information for Patients subsection are observed.

RENOVA should be kept out of the eyes, mouth, angles of the nose, and mucous membranes. Topical use may cause severe local erythema, pruritus, burning, stinging, and peeling at the site of application. If the degree of local irritation warrants, patients should be directed to use less medication, decrease the frequency of application, discontinue use temporarily, or discontinue use altogether.

Tretinoin has been reported to cause severe irritation on eczematous skin and should be used only with utmost caution in patients with this condition.

Application of larger amounts of medication than recommended will not lead to more rapid or better results, and marked redness, peeling, or discomfort may occur.

PRECAUTIONS:

General: RENOVA should only be used as an adjunct to a comprehensive skin care and sun avoidance program. (See **INDICATIONS AND USAGE** section.)

If a drug sensitivity, chemical irritation, or a systemic adverse reaction develops, use of RENOVA should be discontinued.

Weather extremes, such as wind or cold, may be more irritating to patients using RENOVA.

Information for Patients: A patient information leaflet has been prepared and is included with each package of RENOVA. In addition, patients should be instructed:

- That RENOVA is not a cosmetic preparation and should be applied only as an adjunct to a comprehensive skin care and sun avoidance program.
- Never to use more RENOVA than instructed and never use RENOVA more often than instructed as application of larger amounts of medication than recommended will not lead to more rapid or better results, and marked redness, peeling, or discomfort may occur.
- Only to apply RENOVA before retiring at night.
- To use a sunscreen with a minimum SPF of 15 during the day when being treated with RENOVA. Following discontinuation of RENOVA, continued avoidance of the sun and use of a sunscreen with a minimum SPF of 15 is recommended.
- To avoid direct sun exposure as much as possible whenever using RENOVA, and to avoid sunlamps totally while using RENOVA.
- NOT to use RENOVA if pregnant or attempting to become pregnant or at high risk of pregnancy.
- NOT to use RENOVA if sunburned or if the patient has eczema or other chronic skin condition(s).
- NOT to use RENOVA if inherently sensitive to sunlight.
- NOT to use RENOVA if also taking other drugs that increase sensitivity to sunlight.
- To use RENOVA with caution if also using other topical agents with a strong skin drying effect, products with high concentrations of alcohol, astringents, spices or lime, medicated soaps or shampoos, permanent wave solutions, electrolysis, hair depilatories or waxes, or other preparations or processes that might dry or irritate the skin, unless otherwise instructed by their health care practitioner.
- To discontinue use of RENOVA and consult their health care provider if sensitivity or increased chemical irritation occurs.
- That a majority of patients will lose most mitigating effects on fine wrinkles, mottled hyperpigmentation, and tactile roughness of facial skin with discontinuation of a comprehensive skin care and sun avoidance program including RENOVA; however, the safety and effectiveness of using RENOVA daily for greater than 48 weeks have not been established.
- That most of the improvement noted with RENOVA is seen during the first 24 weeks of therapy. Thereafter, therapy primarily maintained the improvement realized during the first 24 weeks.

Drug Interactions: Concomitant topical medications, medicated or abrasive soaps, shampoos, cleansers, cosmetics with a strong drying effect, products with high concentrations of alcohol, astringents, spices or lime, permanent wave solutions, electrolysis, hair depilatories or waxes, and products that may irritate the skin should be used with caution in patients being treated with RENOVA because they may increase irritation with RENOVA.

RENOVA should not be administered if the patient is also taking drugs known to be photosensitizers (e.g., thiazides, tetracyclines, fluoroquinolones, phenothiazines, sulfonamides) because of the possibility of augmented phototoxicity.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a life-time dermal study in CD-1 mice, at 100 and 200 times the average recommended human topical clinical dose, a few skin tumors in the female mice and liver tumors in male mice were observed. The biological significance of these findings is not clear because they occurred at doses that exceeded the dermal maximally tolerated dose (MTD) of tretinoin and because they were within the background natural occurrence rate for these tumors in this strain of mice. There was no evidence of carcinogenic potential when tretinoin was administered topically at a dose 5 times the average recommended human topical clinical dose. For purposes of comparisons of the animal exposure to human exposure, the "recommended human topical clinical dose" is defined as 500 mg of 0.05% RENOVA applied daily to a 50 kg person.

In a chronic, two-year bioassay of Vitamin A acid in mice performed by Tsubura and Yamamoto, generalized amyloid deposition was reported in all groups in the basal layer of the Vitamin A treated skin. In CD-1 mice, a similar study reported hyalinization at the treated skin sites and the incidence of this finding was 0/50, 3/50, 3/50, and 2/50 in male mice and 1/50, 0/50, 4/50, and 2/50 in female mice from the vehicle control, 0.25 mg/kg, 0.5 mg/kg and 1 mg/kg groups, respectively.

Studies in hairless albino mice suggest that tretinoin may enhance the tumorigenic potential of carcinogenic doses of UVB and UVA light from a solar simulator. In other studies, when lightly pigmented hairless mice treated with tretinoin were exposed to carcinogenic doses of UVB light, the incidence and rate of development of skin tumors were either reduced or no effect was seen. Due to significantly different experimental conditions, no statistical comparison of these disparate data is possible at this time. Although the significance of these studies to humans is not clear, patients should minimize exposure to sun.

The mutagenic potential of tretinoin was evaluated in the Ames assay and in the *in vivo* mouse micronucleus assay, both of which were negative.

Dermal Segment I and III studies with RENOVA have not been performed in any species. In oral Segment I and Segment III studies in rats with tretinoin, decreased survival of neonates and growth retardation were observed at doses in excess of 2 mg/kg/day (>400 times the average recommended human topical clinical dose).

Pregnancy:

Teratogenic effects: Pregnancy Category C.

ORAL tretinoin has been shown to be teratogenic in rats, mice, rabbits, hamsters, and subhuman primates. It was teratogenic and fetotoxic in rats when given orally in doses 1000 times the average recommended human topical clinical dose. However, variations in teratogenic doses among various strains of rats have been reported. In cynomolgus monkey, which, metabolically, is closer to humans for tretinoin than the other species examined, fetal malformations were reported at doses of 10 mg/kg/day or greater, but none were observed at 5 mg/kg/day (10 times the average recommended human topical clinical dose), although increased skeletal variations were observed at all doses. A dose-related increased embryolethality and abortion was reported. Similar results have also been reported in pigtail macaques.

TOPICAL tretinoin in animal teratogenicity tests has generated equivocal results. There is evidence for teratogenicity (shortened or kinked tail) of topical tretinoin in Wistar rats at doses greater than 1 mg/kg/day (200 times the recommended human topical clinical dose). Anomalies (humerus: short 13%, bent 6%, os parietal incompletely ossified 14%) have also been reported when 10 mg/kg/day was dermally applied.

There are other reports in New Zealand White rabbits with doses of approximately 80 times the recommended human topical clinical dose of an increased incidence of domed head and hydrocephaly, typical of retinoid induced fetal malformations in this species.

In contrast, several well-controlled animal studies have shown that dermally applied tretinoin was not teratogenic at doses of 100 and 200 times the recommended human topical clinical dose, in rats and rabbits, respectively.

With widespread use of any drug, a small number of birth defect reports associated temporally with the administration of the drug would be expected by chance alone. Thirty cases of temporally-associated congenital malformations have been reported during two decades of clinical use of another formulation of topical tretinoin (Retin-A). Although no definite pattern of teratogenicity and no causal association has been established from these cases, 5 of the reports describe the rare birth defect category holoprosencephaly (defects associated with incomplete midline development of the forebrain). The significance of these spontaneous reports in terms of risk to the fetus is not known.

Non-teratogenic effects:

Dermal tretinoin has been shown to be fetotoxic in rabbits when administered in doses 100 times the recommended topical human clinical dose. Oral tretinoin has been shown to be fetotoxic in rats when administered in doses 500 times the recommended topical human clinical dose.

There are, however, no adequate and well-controlled studies in pregnant women. RENOVA should not be used during pregnancy.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when RENOVA is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in patients less than 18 years of age have not been established.

Geriatric Use: Safety and effectiveness in individuals older than 50 years of age have not been established.

ADVERSE REACTIONS:

(See **BOXED WARNING, WARNINGS,** and **PRECAUTIONS** sections.)

In double-blind, vehicle-controlled studies involving 179 patients who applied RENOVA to their face, adverse reactions associated with the use of RENOVA were limited primarily to the skin. During these trials, 4% of patients had to discontinue use of RENOVA because of adverse reactions. These discontinuations were due to skin irritation or related cutaneous adverse reactions.

Local reactions such as peeling, dry skin, burning, stinging, erythema, and pruritus were reported by almost all subjects during therapy with RENOVA. These signs and symptoms were usually of mild to moderate severity, generally occurred early in therapy. In most patients the dryness, peeling, and redness recurred after an initial (1 week) decline.

OVERDOSAGE:

Application of larger amounts of medication than recommended will not lead to more rapid or better results, but marked redness, peeling, or discomfort may occur. Oral ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

Caution: Federal law prohibits dispensing without prescription.

DERMATOLOGICAL DIVISION
ORTHO PHARMACEUTICAL CORPORATION
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Spring Into Summer Swimsuits

by David Feder, Registered Dietitian



Spring is coming and it's time for taking account of things—diet-wise, that is. Too many of us are well-acquainted with hibernation poundage: those extra pounds deposited over fall and winter.

When the sun finally comes out, the snow will melt away, but unwanted weight won't. Don't bank on crash diets and fad programs for the answer: they can be uncomfortable, inconvenient, or downright dangerous.

Health professionals agree that the best way to lose weight—and keep it off—is the slow way, about a pound a week. Starting today, you can drop up to 10 or 15 pounds of extra winter baggage and fit into a new swimsuit by summertime. It's simpler than you think, and all it takes are two very basic diet and exercise habits: Eating a little bit less and enjoying a little bit more activity. You won't need complicated eating programs, expensive exercise equipment, or intricate calculations and ritual weigh-ins. Here's how it works.

Weight-Loss Ideas to Bank On

Early April is a good time to start losing weight for summer. April 1 to July 4 covers 13 weeks, but look at this time span as 13 pounds. If you approach the weight loss process by thinking of your body as a bank, you'll find it will be as easy as balancing a checkbook. The way to do this is to take your average dietary intake—that is, the total number of calories you eat each day. Think of them as the "deposit" you make in your bank.

To lose the 13 pounds, you will need to make a "daily withdrawal" of about 500 calories. This adds up to 3,500 calories per week. You'll want to make the withdrawal in the forms of both calorie reduction and calorie burn—that is, food and activity.

Before you begin, you'll need to estimate your energy needs to budget how many calories your body needs to maintain its current weight.

To do this, figure about 13 calories per pound if you are somewhat active and within 20 percent or so of your ideal body weight. Use the easy formula provided in the box on *page 116* to determine your ideal weight.

Next, split the 500 calories per day you plan to decrease into two portions: the part you want to lose through eating less and the part that you want to burn off through a daily activity, such as playing ball, biking, skating, or walking. (These activities burn about 150 calories each per half hour.) By performing these activities with extra vigor, you can double the amount of calorie burn.

continued on page 116

If the idea of 10 calories doesn't tickle you, the bubbles will.



A new kind of Jell-O gelatin has just burst on the scene Sugar Free Sparkling White Grape. Just 10 calories a serving and it's naturally fat free. All you do is add club soda, and with all those bubbles, it rises to the occasion. Any occasion.



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Swimsuits

continued from page 114

Borrowing From the Calorie Bank

Some diets call for meticulous record keeping of all that you eat. Forget that. Instead, look at your daily calorie "bank," that is, your normal daily diet. Borrow a few hundred calories from that calorie bank—and don't pay them back!

For instance, if you are in the habit of having a couple of cans of soda pop each day, switch to a diet beverage or water. Each 12-ounce can of regular soda pop contains about 150 calories. Two of those per day add up to 2,100 calories in one week.

Some sandwich spreads or salad dressings can tally up hundreds of calories every day. If you "borrow" these calories without replacing them, you'll be two-thirds of the way to your weekly weight-loss goal.

Other places where calories tend to tally up include condiments, spreads, and snack foods. Trimming even a few calories here and there ultimately leads to big savings. For example, using one spoon of sugar in your coffee instead of two eventually adds up—just like when you bank a dime here and a nickel there.

Fruits are often recommended as substitutes for candy to fill cravings for sweets, and for a good reason: they're mostly water. But watch out for dried fruits—although virtually fat-free, they are concentrated and can be rich in calories.

When it comes to chocolate, if you can't do without the stuff, enjoy it in smaller disbursements. Two favorites of folks trying to lose weight are miniature-size chocolate bars and milk chocolate kisses. Just be sure to go easy on them. Also, there are no laws requiring you to eat a whole candy bar: Eat half and save the other half for the next day.

DETERMINING YOUR IDEAL WEIGHT

Use the following equations to estimate—within 10 percent either way—your ideal body weight for optimum health.

Women—Figure 100 pounds for 5 feet in height, then add 5 pounds for each inch over 5 feet tall.

Men—Figure 106 pounds for 5 feet in height, then add 6 pounds for each inch over 5 feet tall.

SMALL CHANGES = BIG CALORIE SAVINGS

In your coffee:

- 2 tsp. sugar = 30 calories
- 2 tsp. sugar-free sweetener = 0 calories
- 2 Tbsp. half-and-half = 40 calories
- 2 Tbsp. 2% reduced-fat milk = 15 calories

On a sandwich:

- 1 Tbsp. mayonnaise = 100 calories
- 1 Tbsp. low-fat mayonnaise = 50 calories
- 1 Tbsp. mustard = 15 calories

On a bagel:

- 2 tsp. butter = 72 calories
- 2 tsp. cream cheese = 33 calories
- 2 tsp. stick margarine = 66 calories
- 2 tsp. nonfat cream cheese = 25 calories
- 2 tsp. all-fruit jam = 35 calories

On a salad:

- 1 Tbsp. creamy dressing = 80 calories
- 1 Tbsp. vinaigrette dressing = 40 calories
- 1 Tbsp. fat-free dressing = 10 calories

Sweet snacks:

- candy bar = 150 calories/oz.
- granola bar = 110 calories/oz.
- banana = 26 calories/oz.

Salty snacks:

- potato chips = 140 calories/oz.
- baked chips or pretzels = 110 calories/oz.
- unbuttered popcorn = 80 calories/oz.

Note: Calorie amounts of items are based on averages and not meant to apply to or indicate any specific brands.

Trimming calories from snacks, sweeteners, and condiments is a relatively painless diet technique, but to be truly effective, you can't compensate for calories lost in one place by adding them in another: Stick to the same amounts and portions you used to enjoy. If you do away with high-calorie snacks and beverages, yet eat larger lunches and dinners, you're only transferring calories from one account to another. And for overall health, remember, nothing beats a diet of a wide variety of fruits, vegetables, lean meats, low-fat dairy, and whole grains.

Accounting for Exercise

Calorie trimming is only half of the equation; you need exercise too. But don't panic: You don't have to spend excessive time sweating it out in a gym, climbing mountains, or running marathon races. Simple, fun stuff—like the aforementioned biking and walking—will use up those calories.

The best motivation for taking walks is having a dog. Enjoying a brisk walk with Rover after dinner can dissolve dozens of calories. You'll both be healthier and happier. (Chasing the dog around the yard doubles the calorie deficit.)

Of course, you don't have to get a dog to take a walk. Motivation to exercise can also come through teamwork. When the whole family goes for a walk or a bicycle ride, you'll do more than burn calories, you'll iron out the day's problems and build family values.

For Next Summer

Once you're in shape for swimsuit season, and you look and feel great, you'll have more incentive to stick with your new habits and avoid banking extra pounds over the next year. Here are a few things to remember.

- Small steps lead to big changes.
- Take on weight loss one pound at a time. That way you won't feel overwhelmed trying to lose 10 or 15 pounds as a single-step task.
- Keep your calorie "account" in balance with exercise all year. Did you enjoy enough activity today? If in doubt—walk it out. Look at walks as good "exercise insurance."

Finally, before embarking on any weight-loss or exercise endeavor, be sure to see your family physician for a clean bill of health. ♦

BREAKFAST MADE RIGHT



Martin with grandfather Charles Duncan, Material Handler, Post Cereals Modesto, CA



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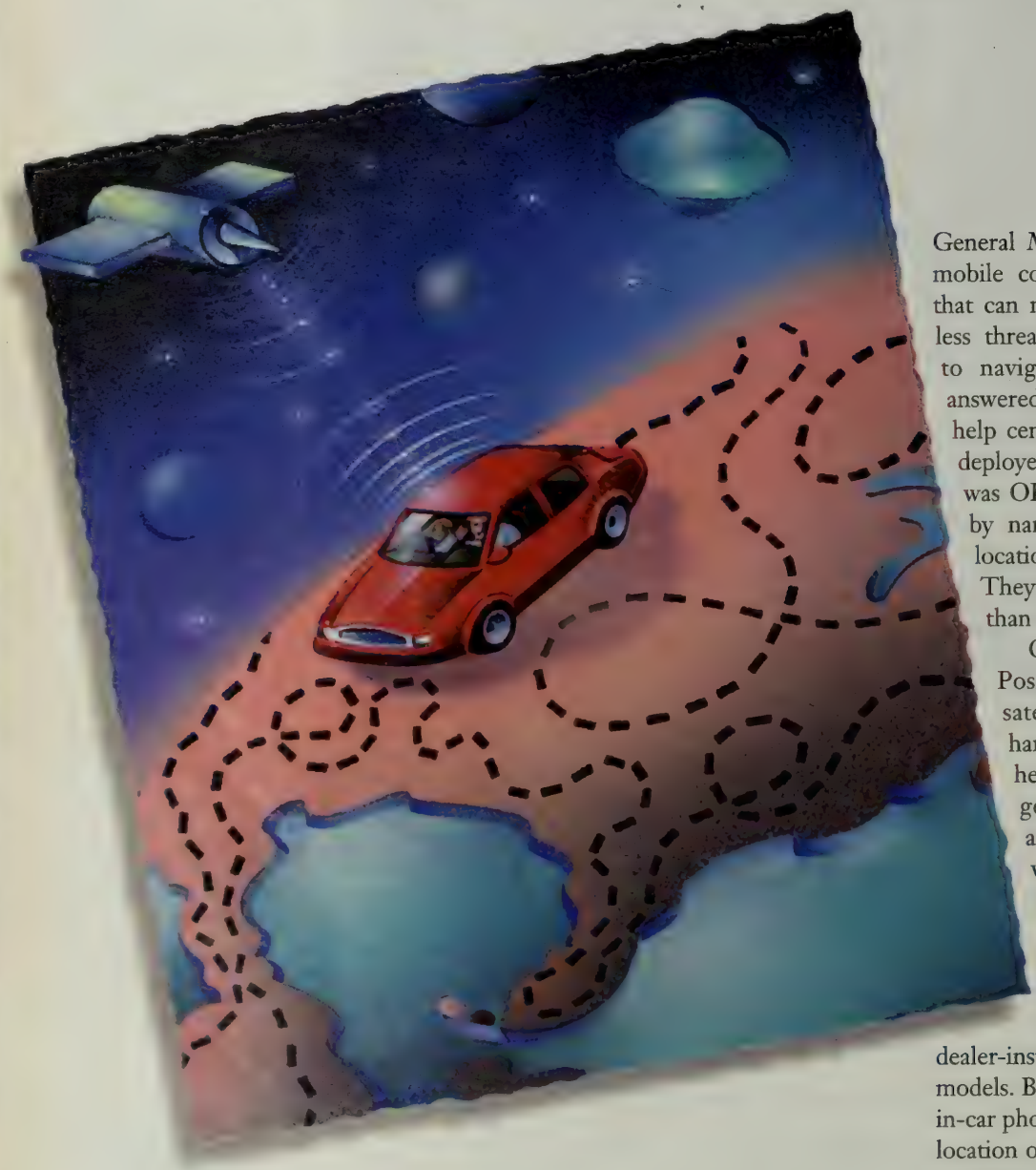
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Post

BREAKFAST MADE RIGHT

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Someone to Watch Over You

Jim Dickey of Pendleton, Oregon, was driving home from a business meeting in his new Cadillac Seville. He was about 3 miles from home, just outside the city limits, when a deer blindsided him.

"I just had time to close my eyes...and then the air bags deployed," he said. "I was gasping for breath because when those bags go off there's quite a discharge of gas. I was squinting through the smoke and knocking the shattered windshield glass off my lap, trying to control the car and get it stopped. Then the phone started ringing. It was a little irritating, but finally I remembered why it was ringing."

It was ringing because Mr. Dickey's car was equipped with General Motors' OnStar system, a mobile communications safety net that can make mean streets a little less threatening—and much easier to navigate. When Mr. Dickey answered his car phone, the OnStar help center knew the air bag had deployed and asked whether he was OK. The advisor called him by name, knew the car's exact location, and called the police. They sped to the scene in less than five minutes.

OnStar uses Global Positioning System (GPS) satellite technology and a hands-free cellular phone to help the driver in an emergency, provide navigation aid, even unlock car doors without a key. Customers get around-the-clock service 365 days a year.

OnStar was introduced in 1997 in Cadillacs, but this year it's available as a dealer-installed option in 24 GM models. By touching a button on the in-car phone, subscribers can get the location of a gas station open late at night, find a pharmacy to fill a prescription in an unfamiliar city, or get directions anywhere in the U.S. or Canada. The OnStar database includes 3.2 million restaurants, auto dealerships, pharmacies, and points of interest. Subscribers who want hotel information can be connected directly with a reservations agent.

The center can tell lost drivers exactly where they are. In an accident, if the front air bags deploy, the system automatically notifies the service center, as it did for Jim Dickey.

continued on page 120

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Family Car

continued from page 118

An advisor then contacts the driver to learn what is wrong, pinpoints the vehicle's location using the satellite system and a digital map, and dispatches emergency help if needed. If the driver is unconscious and does not respond, the advisor sends help automatically.

In 1998 models the OnStar center can perform remote diagnosis of car problems. If your Check Engine light comes on, for example, advisors can probe the car's electronics via satellite and determine whether the problem needs immediate attention. Advisors can direct you to the nearest dealership or send a tow truck.

Locked your keys in the car? Call the customer center, provide your security code, and an advisor will electronically unlock the car from thousands of miles away.

If an OnStar vehicle is stolen, the center can track it using the satellite system and relay the location to police. OnStar vehicles have a red emergency button. When pressed, it sends a priority signal to the center, which dispatches help immediately.

The cost for this service is $895 for all system hardware, including the hands-free, voice-activated phone. (The phone can record up to two minutes of voice directions from the center and play them back later.) Dealer installation adds another $100 to $200, according to an OnStar spokesman. Subscribers then pay $22.50 per month for unlimited service. Cellular charges are separate; all calls to OnStar are toll-free.

The system does not work in areas without cellular phone service, nor will it operate if your battery is dead or damaged so badly that the electrical system quits. Even with those limitations, it offers peace of mind that appeals to many drivers.

"I'm a real proponent of it," says Jim Dickey, "particularly if my wife is driving alone. It's just like having someone in the right seat with her."

—by Cheryl Jensen

WHEN YOU WISH ONSTAR

For 1998, OnStar will be available as a dealer-installed option on the following General Motors models:

All Cadillacs: Catera, Seville, Eldorado, and DeVille

Buick: Century, Regal, LeSabre, Park Avenue, and Riviera

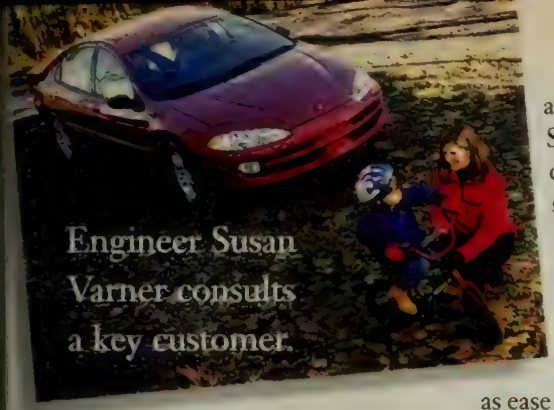
Chevrolet: Lumina, Monte Carlo, C/K, Venture, Tahoe, and Suburban

Pontiac-GMC: Bonneville, TransSport, Sierra, Suburban, Envoy, Yukon, and Yukon Denali

Oldsmobile: Aurora and Silhouette

Saab will offer the system on all 1999 models.





Engineer Susan Varner consults a key customer.

New for '98

Chrysler Corp. is clearly king of the minivans, those people-movers favored by families with kids. But that minivan success has not carried over to its midsize family sedans, which sometimes spin their wheels in the popularity race with the likes of Toyota Camry and Ford Taurus.

So in redesigning its 1998 Dodge Intrepid (*above*), Chrysler sought to make a quantum leap in quality by arming its engineers with Star Wars technology—3-D computer software. Engineers such as Susan Varner (*left*), brought a family focus to the project. Varner, mother of 3-year-old Jonathan, knows firsthand the importance of mom-and-dad concerns, such as ease of strapping a child safety seat into the rear seat. She says the high-tech computer program will stamp out quality glitches that plagued the first Intrepids in 1993. "This time," she says, "we've got it right."

Improvements engineered by Varner and her colleagues include:

- Remote keyless entry, child-protection rear door locks, and power window override switches—standard for the base price of $19,685, plus $550 destination charge. Battery rundown protection is standard, too, but antilock brakes are optional.
- A new generation of dual air bags that deploy less forcefully and don't release smoke when they inflate.
- Increased head-impact protection that meets standards to be required for all passenger cars by year 2003.
- Quad headlamps that are 50 percent brighter on low beam and 100 percent brighter on high beam.
- Aluminum V-6 engines with 200 horsepower in the base model and 225 horsepower in the Intrepid ES.
- A voluminous trunk at 18.4 cubic feet, although the high liftover requires extra effort to load. Dodge designers acknowledge the high trunk lip, which they say was a trade-off to achieve the Intrepid's styling.
- Streamlined styling is more coupe-like than most sedans, yet the roomy interior easily seats five and accommodates six with a front bench seat.

Shoppers should compare the Intrepid with Pontiac Grand Prix, Honda Accord, and Chevy Lumina as well as Taurus and Camry. ⌂



Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: SHEET SUCCESS

Page 23: sheet, "Elements," Ellen Tracy Home Collection—Fieldcrest Cannon, Inc.; 800/841-3336.

Page 24: sheet, "Geranium"—Laura Ashley Collection for Revman; 800/237-0658.

Page 27: sheet, "Tulips"—Di Lewis Collection for Revman; 800/237-0658.

Page 30: sheet, "Gingham" (Engine), Color by Design—Wamsutta; 888/926-7888.

Page 32: sheet, "Savannah"—Liz Claiborne at Home; 800/527-7522.

GARDENER'S ALMANAC

Pages 126–130: yucca filamentosa— Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Wayside Gardens, One Garden Lane, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Daffodils—**Daffodil Mart, 85 Broad St., Torrington, CT 06790; 800/255-2852; free catalog. **Chamaecyparis—**Twombly Nursery, 163 Barn Hill Rd., Monroe, CT 06468; 203/261-2133; catalog $4. **Euphorbia—**Northridge Gardens, 9821 White Oak Ave., Northridge, CA 91325; 818/349-9798; free catalog.

LONG-BLOOMING PERENNIALS

Pages 147–154: perennials—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. Andre Viette Nursery, Rt. 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog.

PIECE-BY-PIECE DECORATING

Pages 165–172: all items—antiques, discontinued, or personal belongings.

REWRITING THE RULES

Page 175: toile living room pillows—Manuel Canovas, Inc., Pacific Design Center, 8687 Melrose Ave., West Hollywood, CA 90069; 310/657-0587.

JACK-AND-JILL BATHS

Page 185 (*top*): cabinetry—Wood-Mode, Inc., One Second St., Kreamer, PA 17833. **(*Bottom*): pedestal sink**—American China, 6615 W. Boston St., Chandler, AZ 85226; 800/359-3261.

Pages 186-187: tub—Kohler Co., Kohler, WI 53044; 800/456-4537. **Tub and shower fittings**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 708/582-7711. **Towels**—Strouds; for a retailer near you or to order by mail call 800/787-6837. **Bath soaps,**



A pedestal sink creates extra elbowroom in this bold bathroom.

brush, and oils—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Lavatory faucets**—Newport Brass, Div. of Brasstech, 320 E. Alton Ave., Santa Ana, CA 92707; 714/436-0805. **Toilet**—Porcher, 6615 W. Boston St., Chandler, AZ 85226; 800/359-3261. **White floor tile**—Daltile Corp., 7834 C.F. Dawn Fwy., Dallas, TX 75217; 800/789-8453.

Pages 188–189: tile—Florida Tile Ind., Inc., 1 Sikes Blvd., Lakeland, FL 33801; 800/789-8453. **Tub, toilet, and faucets**—Kohler Co. (address above). **Cabinetry**—Wood-Mode, Inc. (address above). **Towels**—Laura Ashley; 800/267-3000. **Shutters**—Custom Shutters, 2838 Fairburn Rd., Douglasville, GA 30134; 770/942-2997. **Rag rug**—Pier 1 Imports (address above). **Solid-surface countertops**—DuPont Corian Customer Response Center, Barley Mill Plaza, P.O. Box 80012, Wilmington, DE 19880-0012; 800/426-7426.

READER SHOPPING

Page 55: Crafty Cutters—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

Page 130: Golden Sword Yucca— Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 154: Long-Blooming Perennial Garden—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 210: Bundt Pan—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

Page 212: Popover Pan—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

Page 214: Baker's Cutters Set—Fox Run Craftsmen, P.O. Box 2727, Ivyland, PA 18974.

Page 220: Cast-Iron Skillet—Lodge Manufacturing, Sixth St. at Railroad Ave., South Pittsburg, TN 37380.

Architects & Designers

FEATHERING YOUR NEST

Page 38: interior design—Kristine Donovick Interior Design, Inc., 115 W. Galer, Seattle, WA 98119; 206/270-8919. **Architect—** Robert Edson Swain, P.O. Box 31566, Seattle, WA 98103. **Lighting**—Juno Lighting Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068.

Page 42: interior design—Annie Ogilvie Interiors, 175 Amherst Pl., NW, Atlanta, GA 30327; 404/350-8838.

FENCES AND GATES

Page 58: landscape architect—Robert Longdyke Interiors, 2967 Evergreen St., San Diego, CA 92106; 619/222-2542.

Page 60 (*top*): arbor design—Dennis Duncan, 633 SW. 120th St., Seattle, WA 98146. **(*Bottom*): landscape architect**—Gerald Garner & Associates, 2105 Garnet Ave., Ste. C, San Diego, CA 92109; 619/270-0222. **Architect—** Crain/Cover Architects, 2105 Garnet Ave., Ste. D, San Diego, CA 92109; 619/272-6662.

Page 62 (*top*): architect—Jim Morton, 2000 Jackson Creek Rd., Bozeman, MT 59715; 406/587-2850. **(*Bottom*): landscape designer—** Linda Chisari, 1010 Crest, Del Mar, CA 92014; 619/481-7888.

Page 64 (*top*): fence design—Caroline French, 4042 41st Ave. SW., Seattle, WA 98116. **(*Bottom*): fence design**—Donn L. Weaver, 5043 48th Ave. SW., Seattle, WA 98136.

REWRITING THE RULES

Pages 175–182: interior design—Jeffrey Alan Marks Interior Design, 1320 Ocean Ave., Del Mar, CA 92014; 619/259-9233; Los Angeles Office, 3232 Broadway, Santa Monica, CA 90404; 310/828-2008. **Faux artist**—Laurie Ann Parkman, Artistic Architecture Painting Co., 2816 Seaside Way, Carlsbad, CA 92008.

JACK-AND-JILL BATHS

Pages 185–187: designer/contractor—The Jackman Group, 956 Orange Ave., Coronado, CA 92118; 619/435-7025.

Pages 185, 188–189: architect—Steven Fuller, Design Traditions, 1200 Ashwood Parkway, Ste. 250, Atlanta, GA 30338; 770/671-9100. **Interior design**—Leigh M. Smith and Beverly L. McAfee, 228 Church St., Marietta, GA 30060; 770/248-3699.

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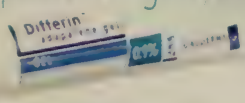
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BRIEF SUMMARY

INDICATIONS AND USAGE: DIFFERIN Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN Gel should not be administered to individuals who are hypersensitive to adapalene or any of the components in the vehicle gel.

WARNINGS: Use of DIFFERIN Gel should be discontinued if hypersensitivity to any of the ingredients is noted. Patients with sunburn should be advised not to use the product until fully recovered.

PRECAUTIONS: ***General:*** If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during the use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous skin, or sunburned skin.

Certain cutaneous signs and symptoms such as erythema, dryness, scaling, burning, or pruritus may be experienced during treatment. These are most likely to occur during the first two to four weeks and will usually lessen with continued use of the medication. Depending upon the severity of adverse events, patients should be instructed to reduce the frequency of application or discontinue use.

Drug Interactions: As DIFFERIN Gel has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices, or lime) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN Gel. If these preparations have been used, it is advisable not to start therapy with DIFFERIN Gel until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.3, 0.9, and 2.6 mg/kg/day and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day, approximately 4-75 times the maximal daily human topical dose. In the oral study, positive linear trends were observed in the incidence of follicular cell adenomas and carcinomas in the thyroid glands of female rats, and in the incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats.

No photocarcinogenicity studies were conducted. Animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

In a series of *in vivo* and *in vitro* studies, adapalene did not exhibit mutagenic or genotoxic activities.

Pregnancy: Teratogenic effects. Pregnancy Category C. No teratogenic effects were seen in rats at oral doses of adapalene 0.15 to 5.0 mg/kg/day, up to 120 times the maximal daily human topical dose. Cutaneous route teratology studies conducted in rats and rabbits at doses of 0.6, 2.0, and 6.0 mg/kg/day, up to 150 times the maximal daily human topical dose, exhibited no fetotoxicity and only minimal increases in supernumerary ribs in rats. There are no adequate and well-controlled studies in pregnant women. Adapalene should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN Gel is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: Some adverse effects such as erythema, scaling, dryness, pruritus, and burning will occur in 10-40% of patients. Pruritus or burning immediately after application also occurs in approximately 20% of patients. The following additional adverse experiences were reported in approximately 1% or less of patients: skin irritation, burning/stinging, erythema, sunburn, and acne flares. These are most commonly seen during the first month of therapy and decrease in frequency and severity thereafter. All adverse effects with use of DIFFERIN Gel during clinical trials were reversible upon discontinuation of therapy.

OVERDOSAGE: DIFFERIN Gel is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, peeling, or discomfort may occur. The acute oral toxicity of DIFFERIN Gel in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

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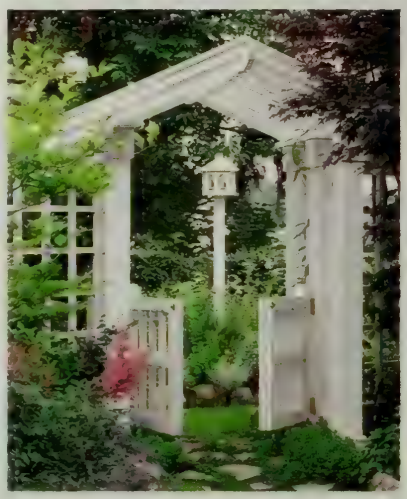
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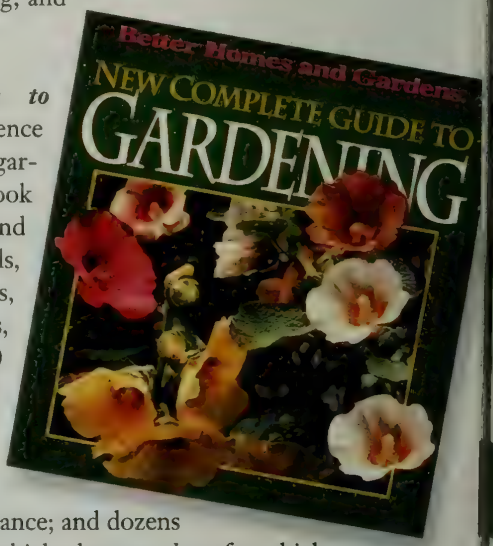
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Luscious Landscapes



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TO ORDER, make a list of the plans and books you wish to purchase and calculate the total amount due. Then send that list along with a check or money order to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9804, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.



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#18 2 in 1 Shower Gel and Body Lotion with Aloe Cleanses, moisturizes and softens in one easy step.
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#20 Highlighting Shampoo with Camomile Intensifies hair's natural shade; adds golden highlights and shine.
8.4 fl. oz. bottle
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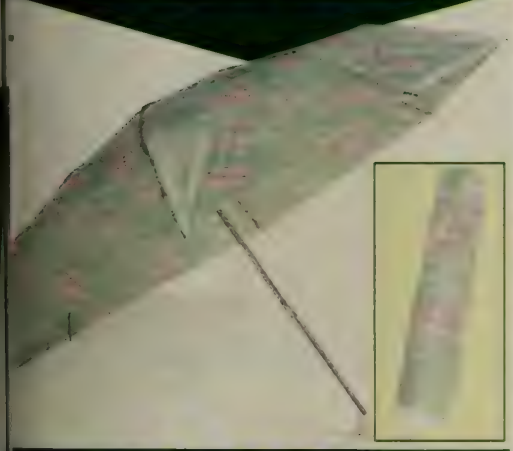
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gardener's almanac

by Craig Summers Black and Mark Kane

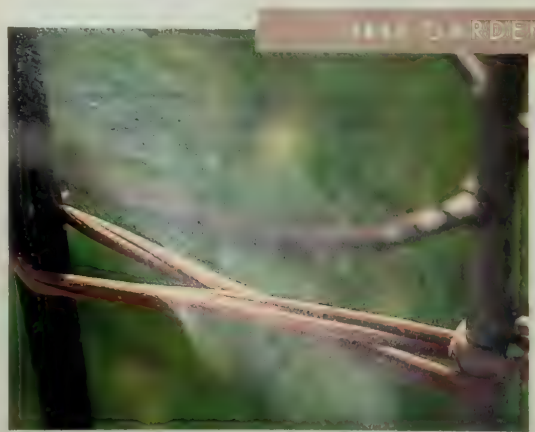
EDITOR'S CHOICE

The Mighty Sword

The swordlike leaves of the yucca may speak of desert sands to you, but they say perennial beds to a growing number of adventurous gardeners. We like the variegated forms such as *Yucca filamentosa* Golden Sword (*right*) and Bright Edge. They're evergreen, withstanding 25-below-zero temps and nasty winter winds. It's quite striking to see a yucca's warm colors from your window on a day too cold to venture out. Its strong spiky form integrates into a mixed border without overpowering its neighbors. Try it up front, with rudbeckias. Bonus: a mature plant will send up a spire of creamy white flowers.



Variegated yuccas can withstand the heat of the deep South and the cold of the deep snow. They're also drought-tolerant.



GARDEN TIP

New Garden Hose

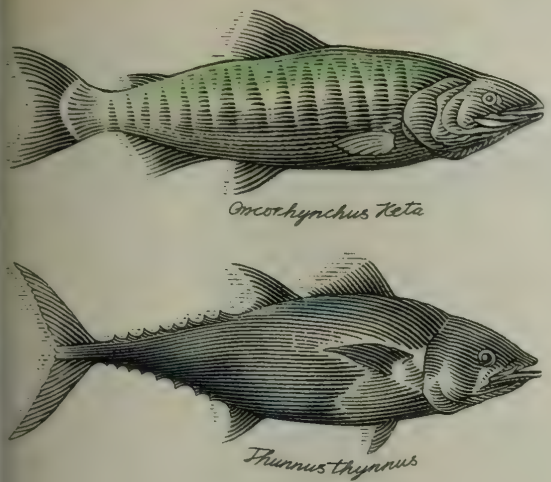
Wind can push a young tree around if it's top-heavy or bottom-light. Here's support with no chafing. Drive two stakes in the ground outside the root ball, and loop a pair of nylons—twisted into figure eights—from the tree to each stake. Staple the nylons to the stakes at about half the height of the tree. Remove stakes and straps in a year.



Using stretchy nylons to support bare-root saplings and young conifers allows for some give.

continued on page 128

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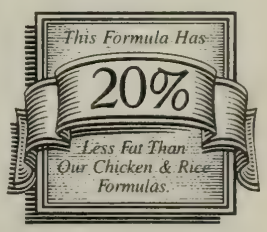


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continued from page 126

LOOKING GOOD

A Boy—or Two—and His Garden

Michael plants themed vegetable gardens in a massive 30×60 raised bed. Andrew landscapes a corner his mother reserved for him in their backyard. Two boys, two gardens, one passion.

Michael Maksem of Waukee, Iowa, went to Disneyworld and came back a gardener. Maybe it wasn't the flowers so much at first as the fact that he devised plans to charge a nickel for tours of his garden-to-be. That first year he planted a rainbow garden with many multicolored fruits and vegetables. Then he planted a Wizard of Oz garden with a poppy "field" and a witch going up in dusty-miller "smoke." Naturally there was a scarecrow. For Michael's Jack-in-the-Beanstalk garden, he grew a sunflower that topped out at 12 feet. "It's, like, higher than your house," he says.

Andrew Skogrand of Portland, Oregon, started off in "just a ribbon of dirt" in the shade, says his mother, Pam Lamirande. But he grew more ambitious—and his vocabulary grew, too. "I wanted a sun garden because there was one plant I really wanted: the *Euphorbia Characias wulfenii*." Say what? "If you know the Latin name and someone asks you what it is, you don't just say, 'Oh, it's a nice one, isn't it?' and look stupid."



The Farmer Michael Maksem began gardening at age 4½. His latest plans for a themed vegetable garden involve Cinderella and a large white pumpkin. "Gardening just comes to him naturally," says his mom, Mary Kay Maksem.



Michael's plot is organized for growth (*near right*). To reach his sunflowers next year (*far right*), "I'll need a bigger ladder."



The Landscaper "I admired Mom's flowers," says Andrew Skogrand. "The astilbe looked like feathers, and the variegated Japanese fern looked like it had been snowed on."

continued on page 130

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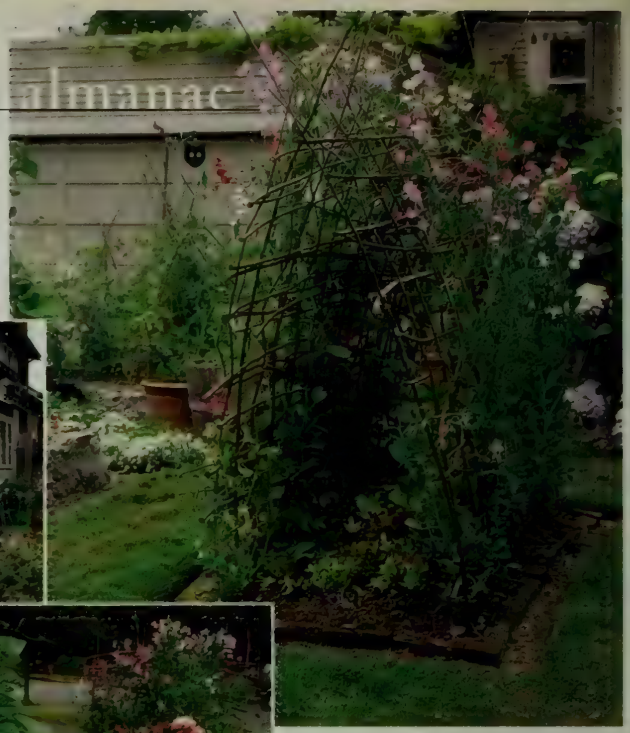
For more information about Nasalcrom and allergies, call 1-888-345-STOP (1-888-345-7867)

SMART GARDENING

Veggies on View

There is certainly no shame in having a vegetable garden, so if you are lucky enough to have the space for one, don't feel you have to hide it. Pat Collins of Portland, Oregon, lives on a corner lot, and the only place she could squeeze in her veggies was between the sidewalk and her driveway. Her food isn't out front, but it's not out of view either. Pat has made these beds attractive and neighborly, proving once again that vegetable gardens are not inherently ugly. She even plants a window box with cucumbers and radishes. Her little streetside farm was so handsome that her neighbor encouraged Pat to put some herbs in the ground they share between their drives.







◀ **Gooseneck squash planted in a camouflaged tub goes up a twig trellis instead of sprawling across the yard. Beside it: blueberries.**

▲ **Pat prunes her apple tree, then uses these limbs to create an arbor for sweet peas—which shade lettuce and radishes underneath.**



Rising to the Job

Bulbs act as transitional plantings, providing a burst of color in early spring, before most perennials make a show. But these February Gold narcissus (*left*) do this and a lot more. They echo the yellows in the bracts of the *Euphorbia martinii* and in the needles of the *Chamaecyparis pisifera* Filifera Aurea (splendid plants in and of themselves, by the way). The narcissus' spiky and erect silhouette complements the mounding fluff of purple foliage and the arching sprays of the evergreen. And the yellow-yellow flowers put bold color in the blank spaces where the euphorbia—a perennial sometimes called cushion spurge—has yet to fill out.

Buying information, page 122

EDITOR'S CHOICE YUCCA

The **Golden Sword Yucca** makes a landscape statement with clumps 2 to 3 feet across, growth up to 3 feet tall, and creamy white, bell-shaped flowers spiking as high as 7 feet. They are especially striking in groups of three. From Carroll Gardens, our plants are about 12 to 15 inches tall when shipped at the proper time for planting in your zone (March 15 to June 30, 1998). ***Buy several and save!*** One yucca costs $34.95; additionals are $28.00 each. Prices include shipping, handling, and applicable sales tax. *Please order early; the quantities are limited.*

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Gardening *on the* Side

by Craig Summers Black





When the gunmetal-gray clouds first parted, the shaft of light from the heavens lit up only her narrow side yard as if to present it to her on a golden platter. It was as though someone—or something—was trying to tell her: This is the place: Here. Garden here.

And that is how Leigh Fitz decided to turn an often-neglected part of the yard into a gleaming swath of color. "The only sun my yard got was in that side yard," she says. "So that's where I started."

continued on page 134

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The little SPOONFUL that does a SINKFUL

Gardening *on the* Side

continued from page 132

In explaining the attention she gave to that sunny, skinny almost-an-alley on the west side of her house, Leigh says, "I think of gardening as kind of like interior decorating. And you don't put all the furniture on one side of the room." The east side yard at her Tacoma, Washington, home is almost immense, bigger even than her backyard, and later she devoted much time and effort landscaping this expansive room. Because as Leigh planted, she learned. "After I got the bug, I found out about all the incredible flowers that grow in the shade. I added one garden a year until every piece of property had a garden on it," she says. "I don't know why I did it. You see a plant you like and you have to find a place for it."



Leigh Fitz designed her garden to complement her 1912 Craftsman-style house (*above*). Soft, flowing lines of color soften the house's sharp gray edges. The tiny area on the left with the white obelisk-style trellis is where Leigh entered a sunbeam and the world of gardening.



Undulating curves and a grassy path characterize the narrow side yard (*near right*). The large west-side garden (*far right*) extends from the porte cochere to a carriage house. Behind the house are fruit, herb, and vegetable gardens.

continued on page 136

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Leigh has made her west-side garden appear wider by using soft, curving lines for her perennial beds and by varying the heights of her plantings.

Gardening *on the* Side

continued from page 134

What emerged from Leigh's first foray into gardening is a cutting garden. "I *love* to do floral arrangements," she says. The area is landscaped, as opposed to being a row-upon-row flower factory. Despite its narrow nature, this little side yard is where most of the color in her yard lives.

Leigh did all the plotting and planting herself, finally winding down last year so that now she spends only a few hours a week on maintenance. Still, her planting was so feverish that last year her 10-year-old son told a friend that his mom was "a professional gardener." Her husband—J.D., a physician—did the heavy lifting, hauling in rock and soil. "He's always been willing." There are times, however.... "Every time he learns I'm off to a nursery he almost cringes," Leigh says. "But he's always more than happy to dig the holes when I return."

continued on page 138



A sundial in the sunny garden—where else?—is surrounded by lady's-mantle, red valerian, and summer phlox. Leigh's favorite flower colors are blues, pinks, and purples. The grayish leaves of the yellow-flowering lady's-mantle provide transition between hot and cool.

The Narrow Side Garden



Plantings in these perennial beds (*right*) include lychnis, obedient plant, Russian sage, and lamb's-ears. "I use lamb's-ears in flower arrangements a lot," she says. She also likes to use gray colors for continuity throughout.



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Chevy Venture

Let's Go!

*J.D. Power and Associates 1997 APEAL Study, Automotive Performance, Execution and Layout Study℠. Study based on a total of 29,817 consumer responses. ©1997 GM Corp. Buckle up, America!

Gardening *on the* Side *continued from page 136*

The rest of Leigh's gardens are, as they must be, shade gardens. She adores hydrangeas, and they are salted throughout—oakleaf; variegated-leaf; mop-head; and her favorite, a dwarf, Pink Elf. "I like the way they keep their flower heads, and they turn colors for four seasons of interest." Her other pets: 1) Lady's-mantle. "In the morning, the gray-green leaves hold the dew and reflect the sun." 2) Sedum Autumn Joy. "It always looks good. The flowers go from pink to rust and when faded look good even in winter." 3) Lamb's-ears. "I just like having gray throughout the garden," she says. "In the morning I walk in the garden with a cup of coffee and pluck a furry leaf just to hold it."

continued on page 140



Visitors can glimpse a sitting area from the side-yard cutting garden. When the sun gets too bright for Leigh, she knows this refuge only a few steps away is always shaded and cool.

A parade of frothy astilbes (*above*) waves at guests as they meander from the narrow side garden to this cool entertaining spot out back.

Shady plantings (*below*) include bleeding-heart, monkshood, blue potato bush, hardy geranium, purple wallflower, rhododendron, and mountain pieris.

The Backyard Retreat



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PATIENT INFORMATION ABOUT LAMISIL® TABLETS

Generic name: terbinafine (tur-bin-uh-feen)

Please read this as well as any other information your doctor gives you about LAMISIL® (terbinafine HCl tablets) Tablets and fungal infections of the toenail or fingernail. Only a doctor or other qualified healthcare professional has the training necessary to determine if LAMISIL Tablets are right for you.

What are LAMISIL Tablets?

LAMISIL Tablets are a prescription medicine for the treatment of onychomycosis (on-ee-ko-mi-ko-sis).

What is onychomycosis?

Onychomycosis is a fungal infection of fingernails or toenails. Because the fungus infects the area underneath the nail and in the place where the nail forms, it can be very stubborn and difficult to cure. The infection may cause some or all of the following: the nail can turn colors like white, yellow or brown, and become thickened and brittle. Additionally, it may be painful for some people.

How do LAMISIL Tablets work?

When you take LAMISIL Tablets, the active ingredient, terbinafine, travels to the infected area under the toenail or fingernail. Because terbinafine accumulates and lingers in the area of the nail that is growing, it can continue to work for months even after your prescription is finished, allowing the nail to heal naturally over a period of time.

How to take LAMISIL Tablets

Patients take one 250 mg tablet per day (it may be taken with or without food). You should follow your doctor's advice on how to take LAMISIL Tablets. Be sure to take the complete course of your medicine. For toenail infections, treatment time is 12 weeks. For fingernail infections, treatment time is 6 weeks. It is important to note that the complete healing process often takes at least 10 to 12 months for toenails and 4 months for fingernails. This is due to the length of time it takes for the new nails to grow in.

Who should not take LAMISIL Tablets

LAMISIL Tablets should not be taken by anyone allergic to any of its ingredients.

You should be aware of these warnings and precautions when taking LAMISIL Tablets

- As with all medications, you should discuss any side effects you experience with your doctor or healthcare professional.
- Rare instances of serious liver problems or skin reactions have been reported in patients using LAMISIL Tablets. In such cases, treatment with LAMISIL should be discontinued. Your doctor may ask you to undergo tests before and during treatment with LAMISIL Tablets.
- In clinical studies, 0.9% of patients taking LAMISIL Tablets discontinued therapy because of a skin rash. In rare cases, these skin reactions could indicate a serious side effect. If you notice a rash, stop taking LAMISIL and call your doctor.
- Isolated cases of decreases in white blood cell count have been reported. In all of the reported cases to date, these have been reversible.
- Patients with liver disease or kidney problems should not take LAMISIL Tablets.
- If you have problems with your immune system, your doctor may need to monitor your white blood cell count carefully if you take LAMISIL Tablets for more than 6 weeks. In some cases, LAMISIL therapy may need to be discontinued.
- Changes in the retina and lens of the eye have been reported following the use of LAMISIL. The significance of these changes is not known. In clinical studies, 0.9% of patients discontinued taking LAMISIL because of visual disturbances.
- The tumor-causing potential of LAMISIL has been examined in numerous studies in mice, rats, dogs, and monkeys. Male rats, given a daily dosage approximately 13.8 times the maximum recommended human dose based on body weight, showed a marginal increase in the incidence of liver tumors. No increase in tumors was noted in a wide range of studies in mice, dogs, and monkeys. These tests suggest that this is a finding specific rats.
- No studies with pregnant women have been done to evaluate th safety of LAMISIL Tablets. Because treatment of onychomycosi can be delayed until after pregnancy is completed, LAMISIL Tablets should not be taken by pregnant women.
- The active ingredient of LAMISIL Tablets, terbinafine, is present the breast milk of nursing mothers. Therefore, LAMISIL Tablets should not be taken by nursing mothers.
- No studies have been done in children to evaluate the safety of LAMISIL Tablets.
- Talk to your doctor or healthcare professional before combining LAMISIL Tablets with any other medications. Certain medications, including Tagamet®,* Seldane®,† and rifampin may affect the rate at which LAMISIL is eliminated from the body. However, unlike some other antifungal medications, LAMISIL Tablets has been used safely with many commonly prescribed medications, such as Seldane®, Lanoxin®,‡ or Coumadin®§.

Possible side effects

Most patients tolerate treatment with LAMISIL Tablets very well. However, like all prescription drugs, LAMISIL Tablets may cause some side effects in some people. These side effects, as determined by three clinical studies, were mild and in general did not lead to discontinuation of treatment with LAMISIL Tablets. Th most commonly reported side effects were headache, which occurred in 12.9% of patients, gastrointestinal symptoms, includi diarrhea (5.6%), upset stomach (4.3%), taste disturbances (2.8% nausea (2.6%), abdominal pain (2.4%), flatulence (2.2%), rash (5.6%), itching (2.8%), hives (1.1%), and abnormalities in laboratory tests of liver enzymes (3.3%). In some cases, these complaints were no more frequent than in patients taking placeb (sugar pill).

LAMISIL Tablets were prescribed only for you. Do not share LAMISIL Tablets with anyone else. Keep LAMISIL Tablets and all other medications away from children. For more information about LAMISIL Tablets and fingernail or toenail fungal infections, talk to your doctor or other healthcare professional.

*Tagamet (cimetidine) is a registered trademark of SmithKline Beecham Pharmaceuticals.

†Seldane (terfenadine) is a registered trademark of Hoechst Marion Roussel, Inc.

‡Lanoxin (digoxin) is a registered trademark of Glaxo Wellcome Inc.

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NOVARTIS

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April 1997



The kitchen garden in the backyard near the carriage house (*right*) includes curry, lemon thyme, rosemary, parsley, tarragon, and lemon balm.



The Kitchen Garden



Jupiter's beard, catmint, lavender, smokebush, and—as always—an array of stones rise to greet the stairway to the carriage house (*left* and *above*).

Do these gardens look like too much work? No, says Leigh, not at all. "There's nothing more peaceful," she says, "than working in the garden."

Gardening *on the* Side

continued from page 140

Now Leigh can return the favor to her gift-giving friends. "I try to divide and give away as many plants as possible," she says. Leigh gives neighbors berries in the morning for their cereal. She even designs gardens for them. "It's much more fun than charging for it."

Still, Leigh says, she retains her sunny disposition as a fair-weather gardener. "If I have sunny weather and I am inside, I change my plans and go outside and garden. I know people who garden in the rain, but not me."

There's that sign from above again.

To order plans for building the Gate, Garden Obelisk, or Summer Furniture, see page 124

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by Craig Summers Black



Long-blooming perennials are

Perennials put annual flowers to shame in almost every regard save one: length of bloom time. But if you rely on well-chosen, power-packed perennials, you will have blooms throughout the growing season as well as all the storied superiorities of perennials.

For starters, perennials come back year after year after year. Plant a perennial such as the heavenly Monch aster (*previous page*), and you will have a plant to relish for many seasons. It will grow larger with the years. You can even divide it if you like, adding free plants all around your landscape.

Perennials come in an array of heights, widths, and shapes. There are ground-hugging perennials and people-sized perennials, and there are reed-thin perennials and barrel-sized perennials. Extremes, yes, but there is everything else in between as well. Perennials also bloom in a large color palette, with a tendency toward pastels, some with subtle, muted differences. There even seem to be different shades of white.

When you plant long-blooming perennials, you will have the world at your feet. And—just as if you had planted so many annuals that bloom and bloom—it will be a brightly colored world for months on end. The corporate types call this a win-win situation.

Russian sage
Planting the silvery Russian sage is a bold way to achieve height without heft. You can use it instead of, or with, ornamental grasses. The effects are similar—cool and tall, a backbone plant—but the sage lends more color to a backdrop and is not quite as casual. Plant in full sun.

Bloom time
Midsummer to fall

Plant height
3 to 5 feet

CHARLES MANN


plants with a strong work ethic
perennials


For a stellar annual performanc
perennials

review, plant perennials.

◀ **Johnson's Blue geranium**
A star among hardy geraniums and a workhorse. The low-growing clumps belong right up front in the bed or border. Other uses: transitionally, between showier flowers; under roses and shrubs; and as a ground cover around trees. Plant in full sun to light shade.

Bloom time
Late spring to early fall

Plant height
1½ feet

▼ **Dalmatian bellflower**
This bellflower (*Campanula portenschlagiana*) is an exuberant low grower that spreads to 2 feet or more. It works in the same spots as a hardy geranium and it's also at home in the rock garden or spilling over a wall. Full sun to light shade.

Bloom time
Late spring and summer

Plant height
4 to 6 inches

▶ **False sunflower**
Here's a mound of yellow almost as big as a haystack. *Heliopsis helianthoides*, especially in such cultivars as the towering Karat, makes a big statement. Unlike some top-heavy perennials, the false sunflower can support itself. Full sun.

Bloom time
Summer to early fall

Plant height
3 to 5 feet



SUSAN ROTH

MICHAEL S. THOMPSON



▼ **Clara Curtis chrysanthemum**
This cold-hardy hybrid (*Dendranthema rubellum*) is a cottage-garden favorite not to be confused with the more tender florist's chrysanthemum. Bonus: light fragrance. Full sun to light shade.

Bloom time
Midsummer and fall

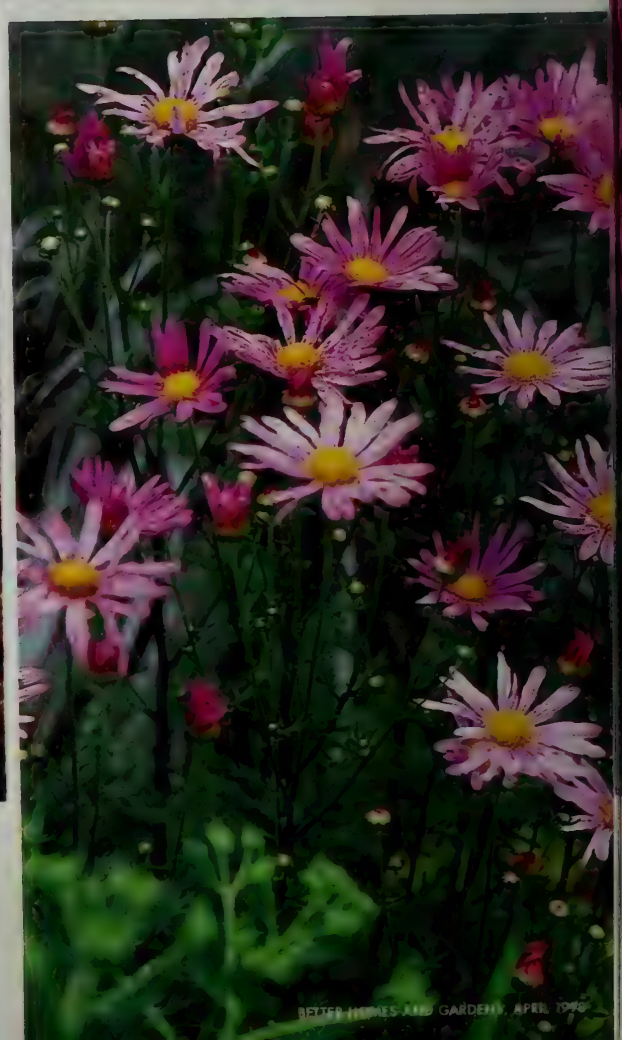
Plant height
1½ to 2 feet

Snowbank boltonia
The daisylike flowers may be small, but they are beyond counting. And the plant itself is a tad lanky, so you might want to skirt it or hide its legs somehow. But when boltonia blooms, it looks like a water fountain of unfathomable froth. Plant in full sun to light shade.

Bloom time
Late summer and fall

Plant height
4 feet

MARK KANE



times for long bloom times.

ONE MORE TIME

We've recommended these stalwarts before, but they're too good not to note again.



MARK KANE

Eva Cullum phlox
Eva Cullum is a disease-resistant garden phlox (*Phlox paniculata*), so you probably won't have to deal with the mildew that afflicts some of its kin. This variety is one of the longest-blooming of all. Talk about a hard worker. Full sun.

Bloom time
Midsummer to fall

Plant height
3 feet

Goldsturm coneflower
Many gardeners feel there is no better garden plant, which is why you see *Rudbeckia* Goldsturm so very often. It's tall, dramatic, and prolific. And it's easy to care for and makes a long-lived cut flower. Why argue with success? Full sun.

Bloom time
Summer to fall

Plant height
2 to 3 feet



MARK KANE

Autumn Joy sedum
Here's another exceedingly popular long-blooming perennial. How often do you get to plant a freely flowering succulent that is hardy throughout the country? After blooming, sedum looks nice in its waning days too. Full sun.

Bloom time
Late summer to fall

Plant height
1½ to 2 feet



DAVID MCDONALD

Stella de Oro daylily
While daylily flowers last but a single day, Stella is a rebloomer of the first rank. This is a plant-it-anywhere, treat-it-like-dirt kind of flower. It exists only to make you happy—kind of like the ideal office mate. Sun to half shade.

Bloom time
Summer to fall

Plant height
1½ to 2 feet



CHARLES MANN

Here's a garden plan using only sun-loving, long-blooming perennials.



1–Stella de Oro daylily. 2–Johnson's Blue geranium. 3–Clara Curtis chrysanthemum. 4–Dalmatian bellflower. 5–Snowbank boltonia. 6–Goldsturm coneflower. 7– Autumn Joy sedum. 8–Russian sage. 9–Monch aster. 10–Eva Cullum phlox. 11–Karat heliopsis. This plan can be repeated end to end for a longer border or in mirror image for an island bed. You can also elongate the plan by multiplying plants proportionally.

Buying information, page 122

Look for Part 2 of "Long-Blooming Perennials" next month.

reader shopping

Perennials to Go

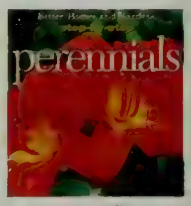
We've grown them just for you! Duplicate our garden using the plan (*above*) and the long-blooming, sun-loving perennials shown in this story.

Our **Sun-Loving Perennial Collection** has been grown especially for the readers of *Better Homes and Gardens*® magazine by Carroll Gardens and is not available in retail outlets. The package contains 24 plants including 1 Monch aster, 2 Snowbank boltonia, 3 Dalmatian bellflower, 4 Clara Curtis chrysanthemum, 5 Johnson's Blue geranium, 1 Karat false sunflower, 1 Stella de Oro daylily, 2 Russian sage, 1 Eva Cullum phlox, 1 Goldsturm coneflower, and 3 Autumn Joy sedum. We also include planting instructions for each variety and a garden placement diagram. The price of the collection is $98.85, which includes shipping, handling, and applicable sales tax.

All plants are shipped in 3½-inch pots and are approximately 2 to 5 inches high at time of shipment. Although you can expect most plants to bloom in 1998, they will save their showier performances for the second and subsequent years as they mature into an established garden.

Shipments will be made between May 4, 1998, and May 15, 1998. We will use UPS 3-Day Select service in most cases. ***Please order early; the availability of this collection is strictly limited, and we fill orders on a first-come, first-served basis.***

Sorry, we are unable to ship to California, Nevada, Utah, Alaska, Hawaii, Puerto Rico, Canada, or Mexico.



Step-by-Step Perennials has 200 color photos plus a great deal of fact-filled text about incorporating these flowers into any landscape. Over 150 perennials are showcased in a plant encyclopedia. The price of the 132-page softcover book is $17.95, which includes shipping, handling, and applicable sales tax.

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A leisurely commute.

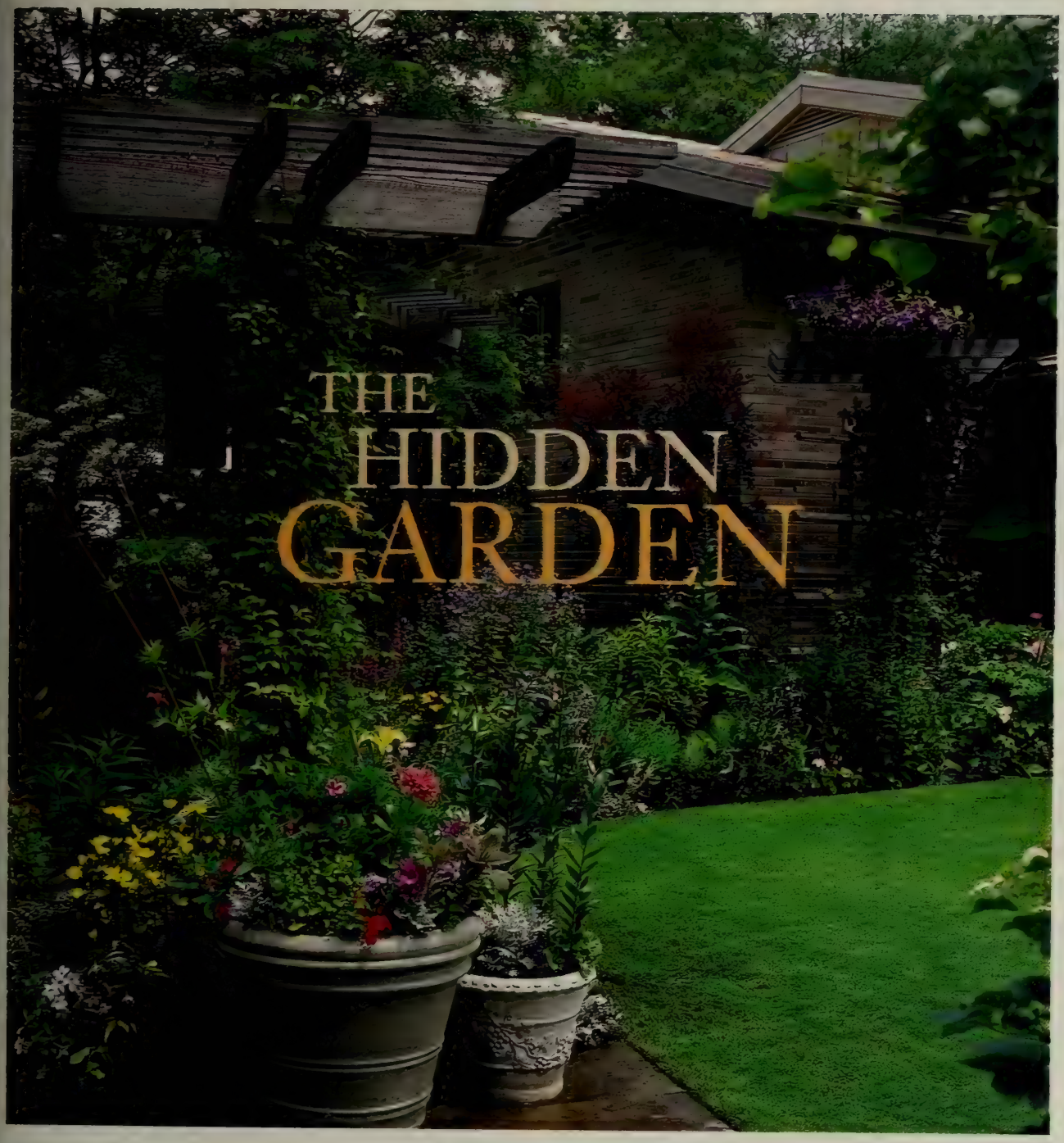
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THE HIDDEN GARDEN

Judith Siegel gave herself two presents when she turned the narrow yard behind her house into a hidden garden (*above*). One was an inviting outdoor room, cozy with color, fragrance, and the sound of water. The other was enough privacy to dine on the patio, or just relax with coffee and a newspaper—for a while. Judith laughs. "I can't stay there and read because I jump up and start gardening."

by Mark Kane

HIDDEN GARDEN



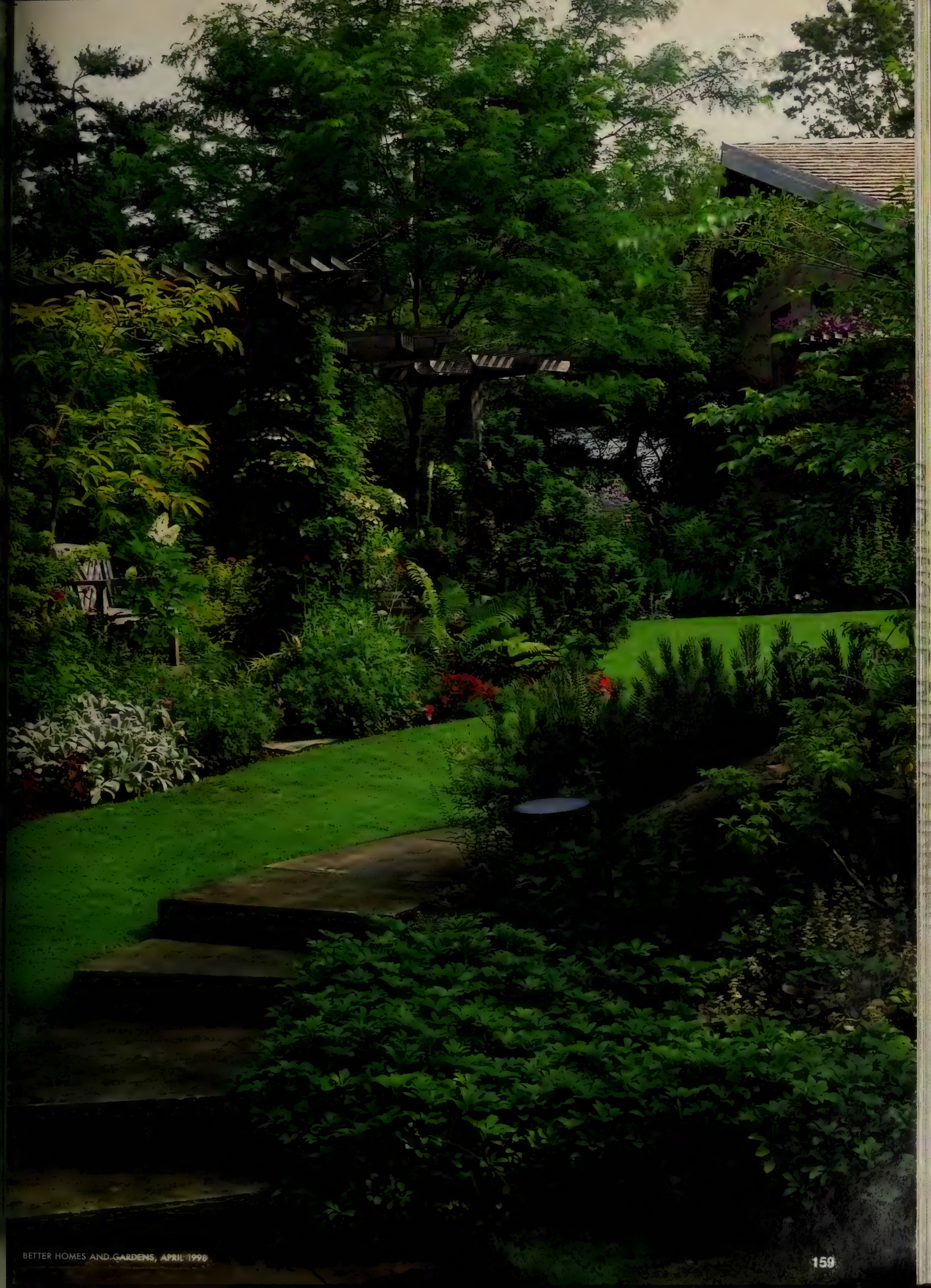
JUDITH SIEGEL WAS A NOVICE WHEN SHE MADE THE HIDDEN GARDEN. THEN SHE BEGAN TO HELP FRIENDS WITH THEIR YARDS. THEN SHE TOOK CLASSES. NOW SHE RUNS HER OWN BUSINESS AND DESIGNS GARDENS FULL TIME.

In the beginning, nine years ago, Judith had privacy and no reason to use it. "The backyard was an ugly, square patio, with a bent-grass lawn and a hedge on two sides." Why so spare? A previous owner was allergic to flowers. Judith wanted color, but nothing seemed to thrive at the foot of the hedge. She coped. "I grew lots of things in pots, and every year I took out a little more of the lawn."

Finally, Judith and her husband Howard agreed the yard needed a big makeover. She had joined the Perennial Society of Northern Ohio and learned how perennial beds can offer color and fragrance from spring through fall. She hired David Bier, a landscape architect, and told him she wanted a place to live outdoors, complete with perennials, water, privacy, and a view of her Cleveland neighborhood.

To make room for plants and open the view, the hedge had to go. "That was a big step, taking out a mature hedge that some people would die for." Judith decided to leave the side of the hedge that ran along the property line, screening the neighbor's house. David recommended making a mound of dirt, a berm, to replace the other side. "The berm clinched it," Judith says. Farewell, hedge. Now, a path from the sidewalk (*above*) leads across the yard and around the berm on its way to the hidden garden.

The path and the lawn turn around the berm on the right to enter the hidden garden. On the left, a hedge of hemlocks, a perennial bed, and vine-covered arbors screen the neighbor's house. A Mugho pine accents the end of the berm and pachysandra spreads a tidy, evergreen carpet beside the path. Mugho pine is slow-growing and short, good for a tight spot.



A small yard will look and feel roomier when it's divided into several pieces, each with a different style and purpose. Judith's hidden garden has three. The sweep of lawn in the center sets off the beds around it and lets Judith see the whole garden from inside the house. The path from the street flows into a patio that sits next to the house (*bottom, far right*). Across the lawn from the house, there's a stone-paved alcove with a garden bench (*right*). All this in a yard that's less than 30 feet wide and feels much bigger. In three words, the trick is: add by dividing.

A parade of arbors heightens the illusion of roominess. Built of pressure-treated posts topped with sturdy lath, they add a third dimension to the garden, rising high above the shrubs and perennials. (A small tree can also enliven a bed without crowding other plants.) On purpose, the tallest arbors are at the back of the yard. Judith says, "You look under the ones that are closer to the house and see the other ones going around the curve of the bed. That makes the yard feel wider."

Judith dedicated the bench to the memory of her mother. Placed in the shade and surrounded by bloom, the bench attracts visitors. "People like to sit in that enclosed little area."





HIDDEN GARDEN



The pond nestles into the back of the berm. Pushed by a submerged pump, water circulates through a tube to the top of a broad, flat rock, then cascades into the pond, filling the garden with a quiet, bubbling music. Thanks to a heater, 15 fish overwinter in the pond. So does the Gloriosa water lily, a pink-flowered variety.

Judith entertains on the patio (*bottom left*) hidden by the berm. For height, she grows a few big perennials, including Joe-Pye weed, which can reach 8 feet tall. "I can still see the neighborhood, but the patio is hidden from the street." The plan (*below*) shows how the lawn and the path climb the slope and broaden inside the hidden garden.

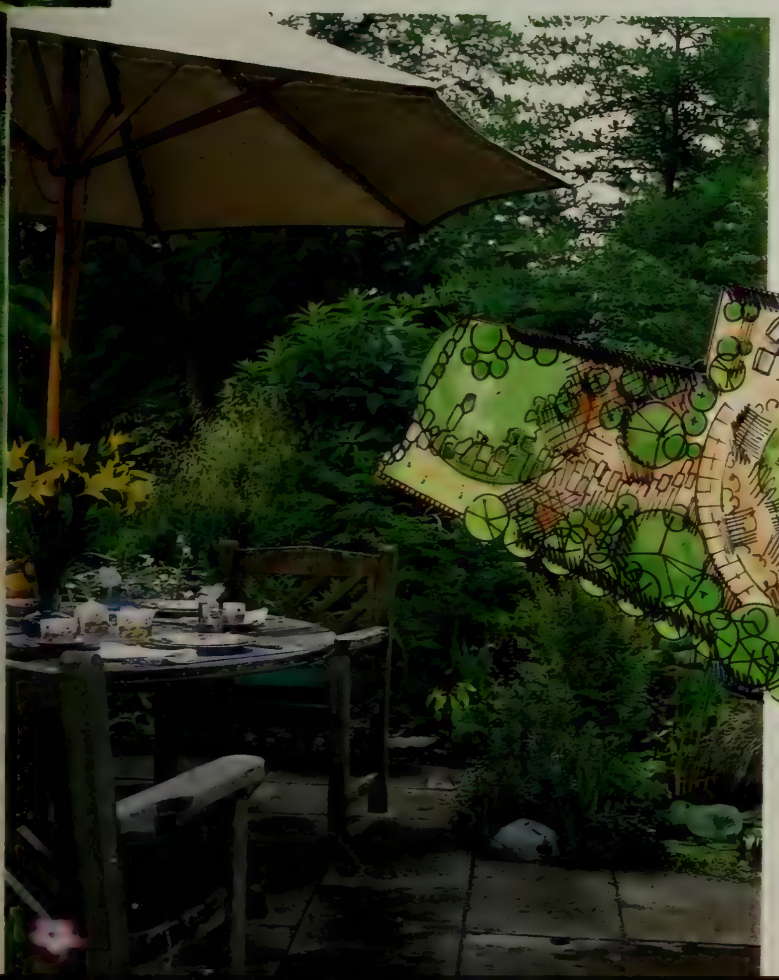




ILLUSTRATION: VINCE MCINDOE



Clematis *Jackmanii* wraps a royal robe around the shoulders of an arbor. It's a hardy, vigorous vine that comes back year after year, blooming in late spring and early summer for almost two months. Any garden has room for a clematis or two because the vine has a small footprint. It can fit between plants even in a crowded bed. And an eye-catching exclamation point rising above the shorter plants makes any garden look more dramatic.



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Judith Siegel has discovered a way to help a clematis climb a post. The result is a beautiful column of leaves and flowers, wrapped neatly around the post from bottom to top.

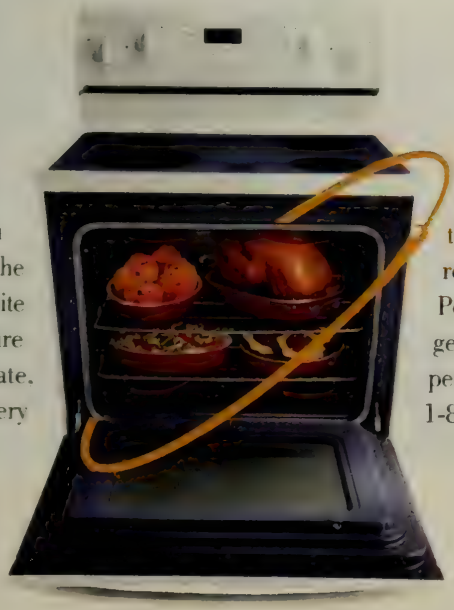
A clematis needs help on a post because it clings and climbs in an unusual way. When the stem of a new leaf touches something, it curls, trying to wrap around it. (See illustration, *above right*). The stem is short, so it can't grab anything thicker than about one-half inch, which rules out most lattices and all posts. In nature, clematis climbs on shrubs and trees.

Judith lets her vines climb on plastic bird netting. She fastens the netting around the post (*right*) with a staple every foot or so and lets it stand away from the post so the leaves have room to wrap around the mesh. Judith's trick will work in other places—on a tree trunk, a porch column, or a fence.





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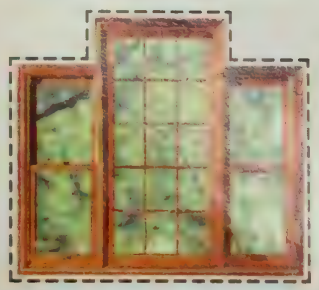
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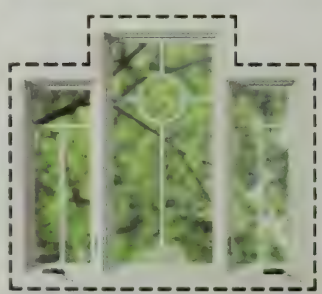
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piece by piece decorating

by Pat Ross and Joseph Boehm

Being bitten by the antiquing bug means bringing things home, one by one, year after year. You need moderation, an eye for mixing, and a knack for display to keep a home's accumulation from looking like an overstuffed antiques shop. Patty and Bob Laufer have pulled it off. Though they've spent years of weekends and vacations rooting out country collectibles, they show off their much-loved quilts and other finds with restraint. "I'm very turned off by too much," says Patty, who avoids abundant displays of any one type. "I want my house to look like a house, not a museum." Enter the Laufers' clapboard-style home and learn to weave together a tasteful display—one thing at a time.





piece by piece decorating



Patty, an educational consultant, and Bob, a lawyer, bought their quirky home nine years ago. Like the Laufers' style, the home's structure is a delightful patchwork of individual pieces. It began as two 19th century barns on separate plots of land in Connecticut's Fairfield County. In the 1930s, the barns were moved together and joined.



Bright sunlight floods through high windows in the barn's former loft space, now used as the main living and dining room (*right*). In this great-room, cathedral ceilings and white walls provide an airy backdrop. When combined with subdued furniture, the background nudges colorful collectibles to center stage. To bring the spacious room into human scale, tall display shelves build a bridge between the high ceiling and the furnishings. At the sofa's shoulder, a triple quilt stand makes the sitting area feel cozier.



The Laufers' piece-by-piece home (*above*) has top-floor bedrooms, a living space at ground level, a kitchen in the walkout basement, and a great location on the Saugatuck River (*top*). Treasured photographs (*left*) of the original barns show how they made their evolutionary journey to their present site.





Graphic quilts and homey rugs help ground a ticking-stripe sofa, a newly made wicker chair, and a Windsor-style chair. The classic, clean-lined furniture sets a simple stage where the real stars are whimsical folk art, baskets, and books.

piece
by
piece

decorating

The Laufers are down-to-earth collectors, which means they buy only what they love and know they will use. Textiles are a particular passion. And though this is a collectible that is often tucked away, even antique quilts and rugs see the light of day in the Laufer home.

On the dining side of the great-room, a hutch (*left*) with a true open-door policy displays folded quilts. Elsewhere, says Patty, "I have them hung, laid on beds, folded in cabinets, and I change them around a lot." For protection, the quilts are positioned away from direct sunlight. Patty also periodically refolds them so they don't develop permanent fold marks.



Extra quilts are folded and stacked for display in hutches and on open shelving. Patty pulls out seasonal quilts at Christmas or during summer and throws them over beds, the sofa, and even the dining table when it's not in use.

Old rugs join the artful quilts to create a soft and colorful decorating basis for each room. To avoid visual clutter caused by too much pattern, large rugs, such as the one that anchors the dining table (*right*), are chosen for their simplicity and neutral color. Bright color is left to smaller rugs, which can be found scattered patchwork style on the floor or hung on the walls. Patty looks for clean wool rugs with intact or nicely bound edges. She'll occasionally buy a flawed rug and have it fixed if the price is right. For care, she merely airs and sweeps them.

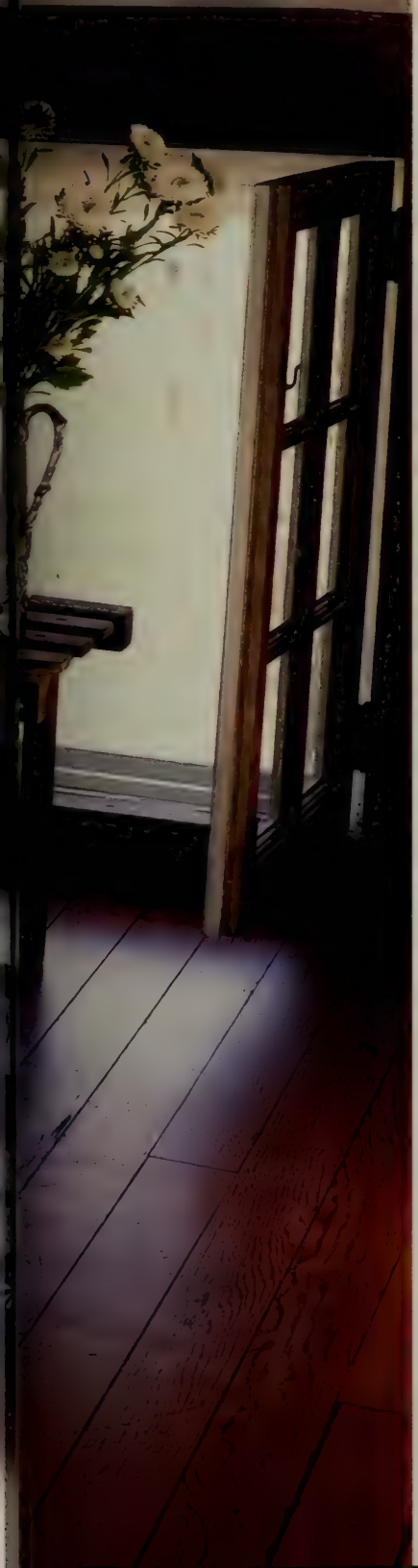




In the great-room's dining area, mix-and-match chairs surround an old pine drop-leaf table. The two chairs with "pillow-back" top rails (see the head of the table) are Hitchcock chairs. Other chairs are painted black to mix in.


A. A.
87th
N MARATHON

The old barn's original loft window adds character to the guest bedroom. On the floor, Patty displays a floorcloth she had specially painted to honor their Wheaten terrier.



For a quiet scheme in the guest bedroom, Patty shows off only blue-and-white quilts, layering different textures on the same bed for interest. During forays to flea markets and antiques shows, the Laufers look for softly timeworn pastel-color quilts from the 1920s and '30s that still have a lot of body. "A little rip or stain doesn't bother me," says Patty, who pays an average of $250 for her finds, "as long as the quilt is in good condition and can be mended or folded to protect the flaw." Even when quilts around the house become worn from use, their patterns live on. Patty has the unblemished sections sewn into throw pillows, such as the pillows on the guest bed (*left*).

One challenge she faces is accommodating her changing tastes. When she first started collecting, Patty zeroed in on primary-color quilts. Instead of getting rid of the bolder quilts, she simply rotates them onto display shelves, reserving her now-preferred soft pastels for the living areas.

As the Laufers' house and tastes evolve, the collecting continues but never overwhelms. "I have lots of focal points," says Patty. With their things always on the move, the Laufers' patchwork style resists appearing staged and offers a fresh view wherever you look.

An intriguing passageway leads from one former barn into what is now the guest bedroom of the other. When the barns were joined, most of the original rustic plank doors were kept. Some were stripped and refinished; others were painted.







Pieces of dishware are within easy reach, especially in the breakfast room (*above*) and the kitchen. A treasured collection of ironstone—a white semiporcelain—is used daily.

The Laufers' approachable philosophy means leaving cupboard doors wide open or off (*left*) to display their things.

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Caring for Quilts

Quilts are key to the Laufers' style. These cleaning tips will extend the life and beauty of your fabric finds.

• **Remove dust** from quilts by gently shaking them or dusting them with a vacuum set on light suction. For extra protection, put a nylon stocking over the attachment.

• **Launder only** when absolutely necessary. For most cotton quilts made after 1910, clean in a washing machine set on the gentle cycle using a mild detergent and tepid water. Rinse the quilt a few times.

• **Handwash older** cotton and linen quilts. To wash, place the quilt in 3 to 4 inches of tepid water in a clean bathtub. Use a mild cold-water detergent, a mild dishwashing detergent, or a laundry product formulated for quilts. Gently knead the quilt in water for a few minutes, being careful not to pull or wring it. Rinse until the water runs clear.

• **Dry wet** quilts by laying them flat on the floor or outside (wrong side up) on clean mattress pads or towels. A wet quilt is very heavy, so don't hang it or lift it in a way that puts stress on the fabric or stitching.

• **Professionally clean** antique quilts at cleaners that specialize in them. However, a valuable quilt that is in poor condition should not be cleaned at all.





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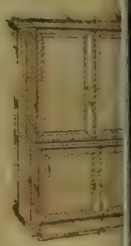
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Small-Space Decorating



Designer Jeffrey Alan Marks and associate Robin Eisman discuss an upcoming project on the deck of his California beach house.



Rewriting the Rules

Everyone knows that at the beach normal rules don't apply. Especially when it comes to decorating. For this jewel-box beach cottage in Del Mar, California, interior designer Jeffrey Alan Marks happily broke—or at least bent—many of the rules, opting for high style without sacrificing fun or function. Want to make waves of your own? Read on.

by Rebecca Jerdee and Sharon Overton

PHOTOGRAPHS: JOAN VANDERSCHUIT. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY

Rewriting the Rules

A dreary color scheme clearly dated the 1925 cottage's last redecorating when Jeffrey Marks took it over from his parents several years ago. "Everything was dark and much of it was faced in redwood with '70s earth-tone touches," he says. He envisioned a breezy update with a lively attitude, a place where he and associate Robin Eisman could meet with clients or relax with friends. "I wanted it to look like an old '40s beach towel," he says, "faded yet colorful."

The first law to go was Rule No. 1: *Paint the walls white to make small rooms look bigger.* Jeffrey picked a warmer palette of saturated colors that energize and envelop rather than expand the pint-size spaces. While sacrificing a greater sense of spaciousness, he gained intimacy and a bit of drama. He even played up the house's inherent coziness by making each room a different color, thereby breaking Rule No. 2: *Stick to a single wall color to create visual flow.*





■ **Space-saving techniques, not visual tricks, make the most of the cottage's small rooms.** By designing an efficient wall-to-wall desk and storage unit (*left*), Jeffrey carved a work area out of one corner of the living room. Storage cubbies fitted with wicker baskets stow everything from file folders to fabric swatches. Fabric-covered corkboards keep memos and design inspiration at eye level.

■ **Liberal doses of white keep the strong color scheme from becoming overwhelming.** Painting formerly dark woodwork white provides crisp contrast and a unifying line from room to room (*below*). Upholstering larger furniture in white denim also quiets the scheme so that pattern can be introduced in small doses in pillows and accessories. The same white denim, this time with a richly banded top, drapes a doorway.



■ **With so little space to decorate, Jeffrey could indulge in the details.** A folding screen (*above*) upholstered in a striped fabric creates a dramatic focal point without consuming much floor space. It also can be used for privacy. Some pillow fabrics were dyed with tea to give them a faded appearance. Furnishings—including wicker and painted pieces—are both antique and "aged" with paint.

Rewriting the Rules

Rule No. 3: Small rooms shouldn't wear big checks. In the kitchen and dining nook, a 1970s-era remodel had left its curse in the form of really bad linoleum. Rather than replace it, Jeffrey painted right over it with a bold checkerboard design, turning the squares on the bias so the pattern actually makes the room look larger. He found that concrete paint—the kind used on garage floors—adhered best to the old flooring. The oil-based paint was thinned with mineral spirits so it would streak when applied. A coat of clear polyurethane makes the surface durable. On the kitchen walls, bright yellow paint gives the room a sunny disposition, even on cloudy days.

■ **If you spend much of your time in the kitchen, why not put the stereo there?** This Craftsman-style base cabinet (*below*) also serves as a media center. Jeffrey painted it white and replaced wood panels in doors with glass to make the piece appear less bulky. Checked fabric behind the glass hides stereo equipment and enhances the cottagey look. Another option? Use fabric without the glass. Then you can tuck speakers behind closed doors.





■ **A full-size dining table would have swamped the small breakfast nook.** But this 1940s bamboo table (*above*) is a good fit, and it gives the nook the feel of a real dining room. "It's probably actually a buffet table," Jeffrey explains. "But its narrow dimensions work perfectly here." Other space-saving dining solutions might include a drop-leaf or console table, anything with a glass top (it consumes less visual space), even folding café or wooden chairs.

Rewriting the Rules



■ **In the bedroom (*right*), an upholstered headboard and matching pillows** create a focal point but also are practical for reading in bed. The antique coverlet, with its Scottish thistle embroidered design, belonged to Jeffrey's grandmother. On a bamboo side table are pieces of Mouchlinware, antique wooden boxes commemorating towns or castles. Jeffrey collected the souvenirs while traveling in Scotland. Simple cotton Roman shades (*below*) are left unlined to filter—but not block—the sunlight.



The house has a humble history: Formerly the manager's quarters for a nearby hotel, the 900-square-foot cottage is smaller "than most of my clients' entry halls," Jeffrey says. But he's learned one important rule worth keeping: *It's not how much room you have but what you do with it.* "Even though the house is small, all my friends gravitate here," he says. "It's a very happy house."



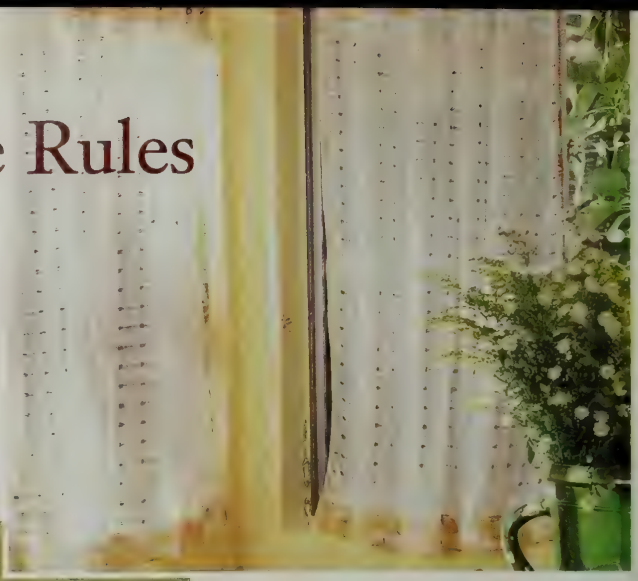
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Rewriting the Rules



■ **To hide the kitchen's 25-year-old slider windows,** Jeffrey designed simple sheer curtains, banded with a contrasting floral fabric and strung on tension wire inset into the window frame (*right*). Metal grommets and marine hardware give the treatment a nautical look.



■ **Painted effects add "age" to newly painted walls.** In the study (*left*), Jeffrey mixed oil- and water-based paint then brushed it onto the wall in uninterrupted top-to-bottom strokes to create a streaked look. In the bedroom (*page 180*), brushing on a "milk wash" of watered-down white paint over a base color gives the walls a hazy effect. In addition to "aging" the surfaces, the techniques also help to tone down strong color.

■ **A simple white denim slipcover gets the star treatment** with the help of contrast welting and an appliqué (*below*). By stitching the appliqué on loosely, it can be removed easily before the slipcover is cleaned. Jeffrey uses remnants of more expensive fabrics judiciously on small throw pillows.





■ **Skirting the area under the kitchen sink hides ugly plumbing and creates cottagey softness (*right*).** Jeffrey used the same star appliqués as the slipcover, this time in yellow, to embellish the bottom of the skirt. To make the floor's checkerboard pattern, use a yardstick or template to mark off the squares. Then mask off each color with painter's tape. Although a small roller is the quickest way to apply the paint evenly, Jeffrey used a brush and thinned oil paint to get this streaked effect.

Coming Attraction

Meet Jeffrey Marks and see more of his happy home on the *Better Homes and Gardens™* weekly television show this month. Check your local listings for the show's date and time.

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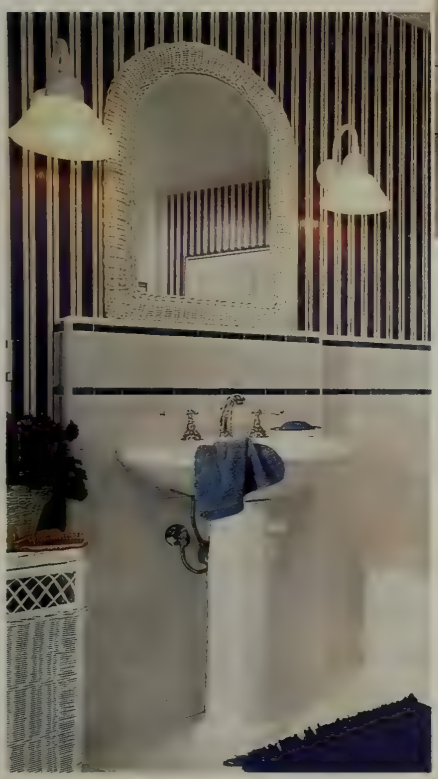


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Jack & Jill Baths

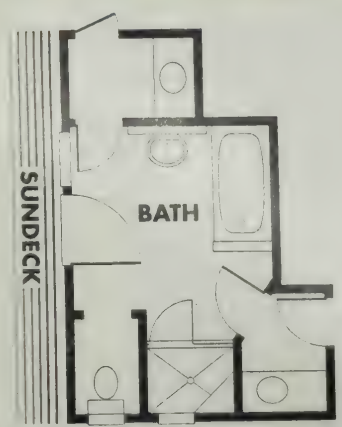




by Steven Mumford

Some bathrooms are designed to help keep the calm in households where the kids have to share. Builders call them Jack-and-Jill baths. Located between two bedrooms, these layouts offer access from both sides and also feature separate vanities that can be closed off from toilet and bathing facilities.

If there's no room in the house or budget for the children to have private bathrooms, use these examples as a starting point for planning a Jack-and-Jill bath of your own. Our numerous sample floor plans will help you find a layout that fits.



Entrances from two bedrooms and a sundeck out back can make for a busy bathroom. To keep privacy a priority, the toilet was given its own separate compartment. A pedestal sink next to the tub was provided for the convenience of guests.

Peacekeeper Disagreements are bound to break out when a teenage brother and preteen sister have to share a single bathroom. To keep arguments to a minimum, Mandy and Jim Truesdale remodeled so their kids could enjoy a Jack-and-Jill layout. Both kids have their own vanity alcoves with doors at each end. Depending on which doors are opened or closed, the alcoves can serve as extensions of their bedrooms or as extensions of the bath.

Unlike most Jack-and-Jill configurations, this one has a third door, which gives guests access from the outdoor deck without forcing them to tromp through one of the kids' bedrooms.

Jack & Jill Baths





A niche in the tile tub surround (*above*) provides ample room for shampoo bottles, while a sliding wire rack holds other bath necessities. A handheld shower makes bathing more convenient.



This large Jack-and-Jill bath has a separate tub and shower—an amenity that's usually reserved for the master suite.

Vanity alcoves were decorated in the same scheme as the rest of the bathroom; the navy blue tile treatment that frames the mirror (*left*) is also used to band the tile that surrounds the tub (*above*) and shower (*far left*).

PHOTOGRAPHS: ED GOHLICH. ARCHITECT: THE JACKMAN GROUP. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY



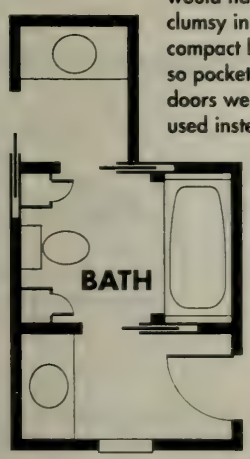


Custom crown moldings were added to the cabinetry to create a formal look. A pair of storage towers (*left*) flanks the toilet and is bridged by a large cabinet and an open display shelf.

The elegant moldings from the cabinets are repeated on the column next to the bathtub (*right*). Polished brass plumbing fixtures reinforce the bathroom's dressy look.



There's room for everyone when the grandchildren and their parents visit. Kids get a vanity all to themselves while still being able to keep an eye on the adults.



Hinged doors would have been clumsy in this compact bath, so pocket doors were used instead.

PHOTOGRAPHS: RICK TAYLOR. ARCHITECT: STEPHEN FULLER. REGIONAL CONTRIBUTOR: RUTH REITER

Jack & Jill Baths

Visitors Welcome Jack-and-Jill baths aren't just for kids, they're good for guests, too. That's why Atlanta-based builder, Beverly McAfee, put one in her own home. The bath lies between a guest room and a room set aside for her granddaughter, Madison, who comes for frequent overnight visits.

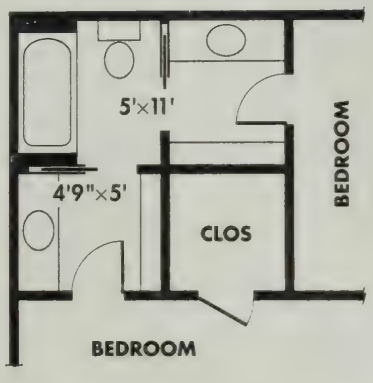
This conventional layout features three compact sections. To make the space feel larger, Beverly used 9-foot ceilings. These high ceilings made room for transom windows above the sliding doors, so daylight can still reach the bath's core when the doors are closed.

Elegant wood details and brass accents give the bath a formal feel, but decorative tile treatments on the floor and shower walls help lighten the mood to keep the space feeling kid friendly.

Jack & Jill Baths

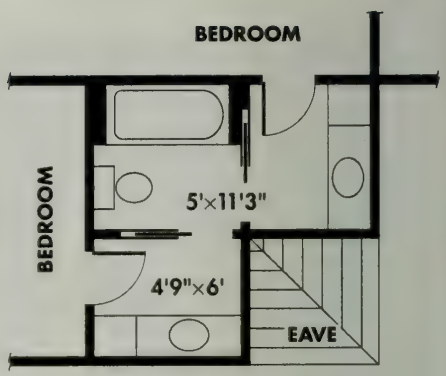
PLANNING YOUR BATH

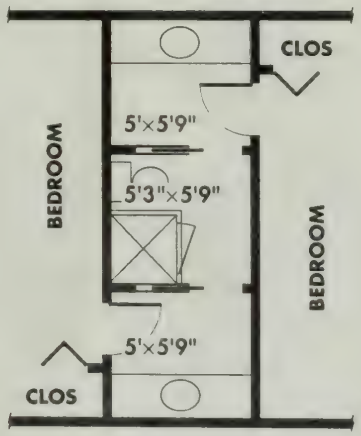
If you like the idea behind Jack-and-Jill bath layouts but can't quite figure out how you'll make one work in your home, take a look at these floor plans. You may be able to modify one of them to fit your needs.



Elbow

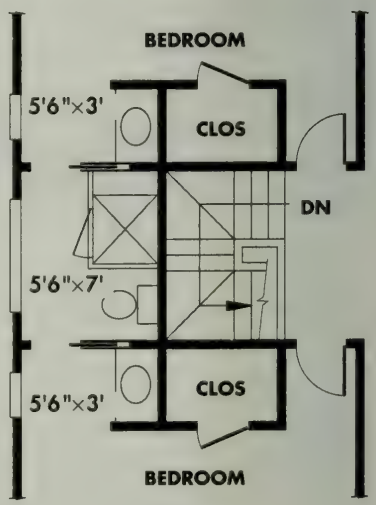
When a bathroom needs to fit in a corner or has to bend around a closet (*left*), an elbow plan will often work best. The jog in the elbow configuration can also be used to skirt low ceilings when you're building a Jack-and-Jill bath in a second story and want to avoid the dead space under the eave (*right*).

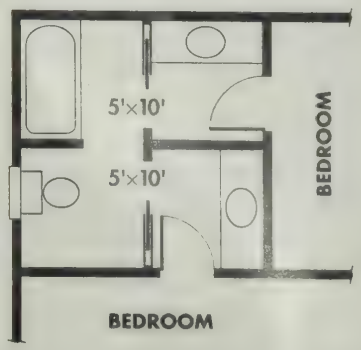




Rectangular

Rectangular layouts are ideal for installing Jack-and-Jill baths in a small space. Use these layouts when you want to put a bathroom between two bedrooms located on the same side of a hallway (*left*), or when you have a pair of bedrooms in a lofted space, such as a half story or finished attic (*right*).

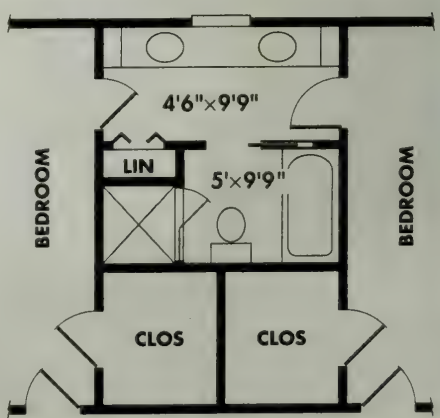




Square

Square Jack-and-Jill configurations are particularly versatile. They can be built in corners like elbow plans (*left*), or between two bedrooms (*right*). Square plans often offer a little more space, so it's easier to add a separate tub and shower, or a separate compartment for the toilet.

Buying information, page 122



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If your shower is already spotless, Clean Shower will keep it that way. If your shower is not clean, no precleaning is needed. It takes about 2 weeks of daily use for your shower to become completely clean, and then with a daily application after showering it will stay clean. If, after 2 weeks, some pre-existing deposits still remain, wipe away with a soft cloth while showering. Only a light misting is required which means a standard bottle lasts about four weeks. Compared to other products to which you have to add time, energy and rubber gloves, millions of consumers agree that Clean Shower is a far more attractive option. You'll Never Scrub Your Shower Again®.

"I love Clean Shower. It is the only product I've used that lives up to all its promises. No longer do I have to scrub my shower . . . Of course, I've told people about Clean Shower and the reports have been joyously overwhelming"
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– Aileen Ledford, Chicago, IL

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Our Best RECIPES

down-home baking

Meander South with us to sample springtime specialties.

Plus
Readers' Prizewinning Recipes:
Using Your Noodle and
Breads That Are Quick
page 249



Fruit Ribbon Cake
Recipe begins on page 204

PHOTOGRAPHS: WILLIAM STITES. FOOD STYLIST: BONNIE RABERT

down-home baking

by Jeanne Ambrose

The first signs of spring in a Southern baker's kitchen are light-as-air creations that match the freshness of the season. We've gathered some flavorful secrets from down South that are sure to make your taste buds bloom.

Bread pudding crowded with blueberries, a warm slice of heaven-scent cinnamon bread, a wicker swing swaying neath the flowering dogwoods...now that's the epitome of Southern comfort. But, wait. It gets better. Just hang around the kitchen of Pat Ross in Jackson, Mississippi, in the springtime. Although she serves up heaping helpings of hospitality year-round, come spring she rejuvenates beloved baked goods with bursts of new taste sensations. In typical Southern style, Pat can't help but share her creations. "There's something about the smell of home-made baked goods that's utterly heaven," Pat says. "Why not share the joy of good taste?"

Recipes begin on page 206





Pat Ross and her daughter Sarah (*upper left*) chat on the porch swing while an irresistible Blueberry Bread Pudding (*left*) cools in the kitchen. The Spectacular Cinnamon-Almond Ring (*right*) easily lives up to its name and tastes as wonderful as it sounds.





When Pat Ross thinks about spring, tiny biscuit bunnies hop into her head. As a child, Pat shaped the little critters from scraps of dough her mother set aside for her. Today she's still tickling family and friends with her baked delights. Her cheery antebellum charm seems to be folded right into everything she pops into her oven. Make yourself at home, pull up a comfy chair, and enjoy the melt-in-your-mouth goodness of Pat's fresh, updated versions of old-time favorites.

Recipes begin on page 210





Whether you serve this Sour Cream Bread (*left*) for a bridal shower, an egg-hunt luncheon, or a fresh-air coffee break, it's bound to disappear in two shakes of a lamb's tail. The bread's rich dough is filled with gooey-good, sweetened cream cheese.

A classic Southern ingredient—pecans—is highlighted in these incredibly tempting Pecan Popovers (*above*). You'll want to serve these billowy beauties for breakfast or brunch—fresh from the oven with sweet Honey Butter.

down-home baking



A piece of this cool, refreshing Strawberry Chiffon Pie (*right*) is like a slice of springtime on a plate. Its simplicity is cause for celebration, too.

down-home baking

Jackie Guice of Decatur, Alabama, baked her first cornbread when she was about 9 years old. Her father gobbled it up enthusiastically, and Jackie's been baking ever since. When spring is in the air, the aroma of fresh flavors wafts from Jackie's oven. "Spring is a happy, hopeful time of year," Jackie says. "It's a time when simple things are appreciated." And Jackie's simply sensational baked goods are no exception. Her recipes, some handed down through generations, are loaded with tradition and full of homey goodness. Although good ol' Southern cornbread, time-honored cheese straws, and best-ever biscuits are standard fare in her home, she often tinkers with the ingredients to incorporate shortcuts or to customize the goodies for springtime occasions.



Recipes begin on page 214



This mouthwatering duo of Flaky Biscuits and Pepper Cheese Biscuits (*right*), is best served Southern style: hot from the oven, broken in half, and topped with a dab of butter that melts gloriously into the tender center.

For generations, plantation bakers created classic chess pie with just a few pantry basics, including flour, sugar, cornmeal, and butter. Jackie's Chocolate-Pecan Chess Pie (*left*) is a slightly more decadent version.



Venture into any social gathering in the South and you're bound to be served cheese straws, which originally were rolled into long, thin cylinders. Nowadays the cheddar-packed tidbits are often served as small thin rounds like these Cheese Cracker Delights (*right*).



Light, airy Tender Potato Rolls (*below*) are always apropos at dinnertime. They're also perfect for a spring lunch when filled with thin slices of country ham or other sandwich fixings.



down-home baking

"Hospitality and love go into Southern baking as part of the ingredients," Jackie says. That must be why her friends and family gather to enjoy treasured favorites as often as they can.

Recipes begin on page 216



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a lot more of them.



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down-home baking

continued from page 200

Fruit Ribbon Cake

The homemade fruit fillings in this special-occasion cake are wonderful, but you can save time by using purchased lemon curd and raspberry and apricot spreadable fruit. Be sure to make the Crystallized Flowers in advance.
Prep: 2 hours Bake: 30 minutes
Chill (filling): 2 hours

- 1 recipe Crystallized Flowers (optional) (see recipe, *right*)
- 2¼ cups sifted cake flour or 2 cups sifted all-purpose flour
- 2¼ tsp. baking powder
- ½ tsp. salt
- ¾ cup shortening
- 1½ cups sugar
- 1 tsp. vanilla
- 3 eggs
- ¾ cup milk
- 1 recipe Raspberry Filling (see recipe, *page 206*) or ⅔ cup seedless raspberry spreadable fruit
- 1 recipe Apricot Filling (see recipe, *page 206*) or ⅔ cup apricot spreadable fruit
- 1 recipe Lemon Curd (see recipe, *page 206*) or ⅔ cup purchased lemon curd
- 1 recipe Whipped Cream Icing (see recipe, *page 206)*

If using, make Crystallized Flowers up to 1 week in advance.

Preheat oven to 350°. Grease and lightly flour two 9x1½-inch round baking pans; set aside. Stir together flour, baking powder, and salt; set aside.

In a large mixing bowl beat shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar and vanilla; beat until well combined. Add eggs, one at a time, beating on medium speed for 1 minute after each. Add flour mixture and milk alternately, beating on low speed after each addition just until combined. Spread batter in prepared pans. Bake for 30 to 35 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes. Loosen edges. Remove layers from pans. Cool thoroughly on racks. When cakes are cool, cut each layer horizontally in half.

To assemble cake, place one split cake layer on a serving plate; spread with Raspberry Filling. Top with a second cake layer and spread with Apricot Filling. Add the third cake layer and spread with Lemon Curd. Top with fourth cake layer.

Frost cake top and sides with Whipped Cream Icing. (Or, cover and chill cake up to 24 hours before icing.) Do not overwork icing while spreading it on cake or it may look curdled. If desired, decorate cake with Crystallized Flowers. Serve immediately. Makes 16 servings.

Nutrition facts per serving: 434 cal., 24 g total fat (11 g sat. fat), 125 mg chol., 164 mg sodium, 51 g carbo., 2 g fiber, and 4 g pro. Daily Values: 27% vit. A, 12% vit. C, 8% calcium, and 12% iron.

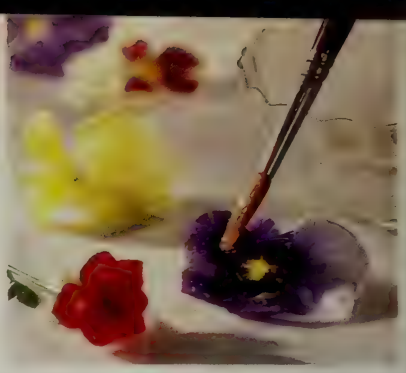
Crystallized Flowers

Look for dried egg whites in large supermarkets, health food stores, gourmet shops, or stores that carry cake-decorating supplies.

- 2 tsp. dried egg whites
- 2 tsp. warm water
- Edible flowers

In a small bowl mix dried egg whites and warm water. Stir gently with wire whisk for 2 minutes to allow powder to absorb water. Then beat with whisk until powder is completely dissolved and foamy. With a clean artist's brush, lightly coat edible flowers with the beaten egg white mixture (see top photo, *right*); sprinkle lightly with granulated sugar (see middle photo, *right*). Let dry on waxed paper overnight before placing on iced cake (see bottom photo, *right*). Flowers can be made up to 1 week in advance; store in a tightly covered container.

continued on page 206



Gently brush edible flowers with a thin coat of dried egg white mixture.



While flowers are still moist, sprinkle with granulated sugar.



Allow the finished crystallized flowers to dry uncovered overnight.

EDIBLE FLOWERS

The delicate beauty of just a few edible flowers makes a massive impact on a dessert, a salad, or a main dish. Many grocery stores now carry edible flowers in the produce section. Or, you can pick some from your own backyard if you're sure they haven't been sprayed with chemicals. The flowers are best picked first thing in the morning when the blossoms are fresh. Use the entire blossom or individual petals. Here are just some of the edible flowers you might pick: Apple blossom, tuberous begonia, geranium, Johnny-jump-up/viola, lilac, nasturtium, pansy, rose, and violet.

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Hershey's® "Perfectly Chocolate" Chocolate Cake

2 c sugar
1-3/4 c all-purpose flour
3/4 c HERSHEY'S Cocoa
1-1/2 t baking powder
1-1/2 t baking soda
1 t salt
2 eggs
1 c milk
1/2 c vegetable oil
2 t vanilla extract
1 c boiling water

1. Heat oven to 350°. 2. Combine dry ingredients in large bowl. Add eggs, milk, oil and vanilla. Beat for 2 minutes on medium speed. Stir in boiling water. (Batter will be thin.) Pour into two 9" round greased and floured pans. 3. Bake 30–35 minutes. Cool 10 minutes. Remove from pans to wire rack. Cool completely. Frost. 10–12 servings.

Hershey's "Perfectly Chocolate" Chocolate Frosting

1 stick (1/2 c) butter or margarine
2/3 c HERSHEY'S Cocoa
3 c powdered sugar
1/3 c milk
1 t vanilla extract

1. Melt butter. 2. Stir in cocoa. 3. Alternately add powdered sugar and milk, beating on medium speed to spreading consistency. Add more milk, if needed. Add vanilla.

For more recipes:
http://www.hersheys.com



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down-home baking

continued from page 204

Raspberry Filling

- 1 10-oz. pkg. frozen raspberries in syrup, thawed
- 4 tsp. cornstarch

In a small saucepan combine raspberries and syrup with cornstarch. Cook and stir until thick and bubbly. Reduce heat. Cook and stir 2 minutes more. Remove from heat. Immediately press raspberry mixture through sieve and discard seeds. Transfer filling to small bowl. Cover surface of filling with plastic wrap or waxed paper. Cool, then chill at least 2 hours. Makes about ⅔ cup.

Apricot Filling

- ⅔ cup snipped dried apricots
- ¼ cup water
- ½ tsp. finely shredded orange peel
- ¼ cup orange juice
- ⅛ tsp. ground cinnamon
- 3 Tbsp. sugar
- 1 Tbsp. orange liqueur, brandy, or orange juice

In a small saucepan combine dried apricots, water, orange peel, orange juice, and cinnamon. Bring to boiling. Reduce heat and simmer, covered, for 10 minutes or until apricots are tender. Stir in sugar and orange liqueur. Cover and simmer 10 minutes more. Mash with potato masher until nearly smooth. Cover and chill at least 2 hours. Makes about ⅔ cup.

Lemon Curd

- ¼ cup sugar
- 2½ tsp. cornstarch
- 2 tsp. finely shredded lemon peel
- ¼ cup lemon juice
- 1 Tbsp. water
- 3 beaten egg yolks
- 2 Tbsp. margarine or butter cut up

In a small saucepan stir together sugar and cornstarch. Add lemon peel, lemon juice, water, egg yolks, and margarine or butter. Cook and stir until thick and bubbly. Reduce heat. Cook and stir 1 minute more. Remove from heat. Transfer filling to small bowl. Cover surface of filling with plastic wrap or waxed paper. Cool, then chill at least 2 hours. Makes about ⅔ cup.

Whipped Cream Icing

- 2 cups whipping cream
- ¼ cup sugar

In a chilled medium bowl combine 2 cups whipping cream and ¼ cup sugar. Beat with chilled beaters of an electric mixer on medium speed just until stiff peaks form.

Blueberry Bread Pudding

This luscious dessert full of plump blueberries and topped with a buttery sauce is a Ross family favorite.
Prep: 40 minutes Bake: 35 minutes

- 1 recipe Golden Dessert Sauce
- 3 Tbsp. butter, softened
- ¾ cup sugar
- 3 eggs
- 2 tsp. vanilla
- 3½ cups milk
- 8 cups bread cubes (from New Orleans-style poor boy rolls, hoagie buns, or sourdough loaf)
- 1¾ cups fresh blueberries
- 2 Tbsp. sugar
- ½ tsp. ground cinnamon

Prepare Golden Dessert Sauce; cover with plastic wrap and set aside. Preheat oven to 350°.

In a large mixing bowl beat butter and the ¾ cup sugar with an electric mixer on medium to high speed until well combined. Add eggs and vanilla; beat 2 to 3 minutes or until fluffy. Slowly stir in the milk. Place bread cubes in a large bowl; pour milk mixture over the bread. Let stand 5 minutes. Stir blueberries into bread mixture; transfer to an ungreased 3-quart rectangular baking dish.

Combine the 2 tablespoons sugar and cinnamon; sprinkle evenly over bread mixture. Drizzle ⅓ cup of the Golden Dessert Sauce over bread mixture. Bake about 35 minutes or until knife inserted near the center comes out clean. Serve warm with remaining Golden Dessert Sauce. Makes 12 servings.

Golden Dessert Sauce: In a medium saucepan combine 3 tablespoons butter and ½ cup sugar. Cook and stir over low heat until butter is melted. Stir in 1 cup whipping cream and, if desired, 3 tablespoons brandy. Bring to boiling; reduce heat. Boil gently, uncovered, for 5 to 10 minutes or until mixture is slightly thickened. Refrigerate sauce if not using within 2 hours. Reheat to serve. Makes about 1¼ cups.

Nutrition facts per serving: 344 cal., 16 g total fat (10 g sat. fat), 101 mg chol., 252 mg sodium, 43 g carbo., 1 g fiber, and 7 g pro. Daily Values: 20% vit. A, 5% vit. C, 10% calcium, and 5% iron.

Spectacular Cinnamon-Almond Ring

Let this outstanding circle of flavor rise in the refrigerator overnight to give you a head start on a special breakfast or brunch.
Prep: 45 minutes Rise: 1 hour or overnight, plus 45 to 60 minutes
Bake: 50 minutes

- 5½ to 6 cups all-purpose flour
- 2 pkg. active dry yeast
- 1 cup milk
- ½ cup water
- ½ cup butter or margarine, cut up
- 3 Tbsp. sugar
- 1 tsp. salt
- 2 beaten eggs
- 2 tsp. finely shredded lemon peel
- 2 tsp. finely shredded orange peel
- 1 cup sliced almonds
- 6 Tbsp. butter or margarine, softened
- ⅔ cup sugar
- 1 Tbsp. ground cinnamon
- 1 recipe Powdered Sugar Icing

continued on page 210

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down-home baking

continued from page 206

In a large mixing bowl stir together 2 cups of the flour and the yeast. In a medium saucepan heat and stir milk, water, the ½ cup butter or margarine, the 3 tablespoons sugar, and salt just until warm (120° to 130°) and butter almost melts. Add milk mixture to dry mixture along with eggs, lemon peel, and orange peel. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in almonds and as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover and let rise in a warm place until nearly double in size (about 1 hour).

Punch dough down. Turn out onto a lightly floured surface; cover and let rest for 10 minutes. (Or, cover and refrigerate dough up to 24 hours. Remove from refrigerator; let dough stand, covered, at room temperature for 15 minutes.)

Meanwhile, in a small mixing bowl stir together the 6 tablespoons softened butter or margarine, the ⅔ cup sugar, and the cinnamon. Set aside.

Lightly grease a 10-inch fluted tube pan; set aside. On a lightly floured surface roll dough into a 20x12-inch rectangle. Spread filling evenly over dough to within ½ inch of edges. Roll up, jelly-roll style, starting from a long side (see top photo, *above right*). Seal seam. Carefully place dough, seam side down, in prepared pan, bringing ends together to form a ring (see bottom photo, *above right*). Cover and let rise in a warm place until nearly double (about 45 minutes).



Starting from a long side, tightly roll up the dough, jelly-roll style.



Carefully place dough in fluted tube pan, bringing ends together to form a ring.

Bake in a 350° oven for 50 to 55 minutes or until golden, covering with foil the last 15 minutes of baking to prevent overbrowning. Carefully invert baking pan onto a wire rack. Remove bread from pan and cool thoroughly. Drizzle with Powdered Sugar Icing. Makes 16 servings.

TUBE PAN OFFER

Spectacular Cinnamon-Almond Ring is made using a **10-inch Fluted Tube Pan.** The fluted pan offered here features a convenient nonstick coating for easy soap-and-water cleanup. From Fox Run Craftsmen, the pan costs $17.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order to the *Better Homes and Gardens®* Reader Shopping Service, Dept. 9804, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

Powdered Sugar Icing: In a mixing bowl combine 1 cup sifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon vanilla. Stir in additional milk, 1 teaspoon at a time, until icing reaches a drizzling consistency.

Nutrition facts per serving: 367 cal., 16 g total fat (7 g sat. fat), 55 mg chol., 253 mg sodium, 50 g carbo., 2 g fiber, and 8 g pro. Daily Values: 11% vit. A, 1% vit. C, 5% calcium, and 17% iron.

Sour Cream Bread

The touch of sweetness tucked away inside this springtime bread makes a flavorable impression.
Prep: 40 minutes Rise: 1 hour or overnight, plus 40 to 60 minutes
Bake: 30 minutes

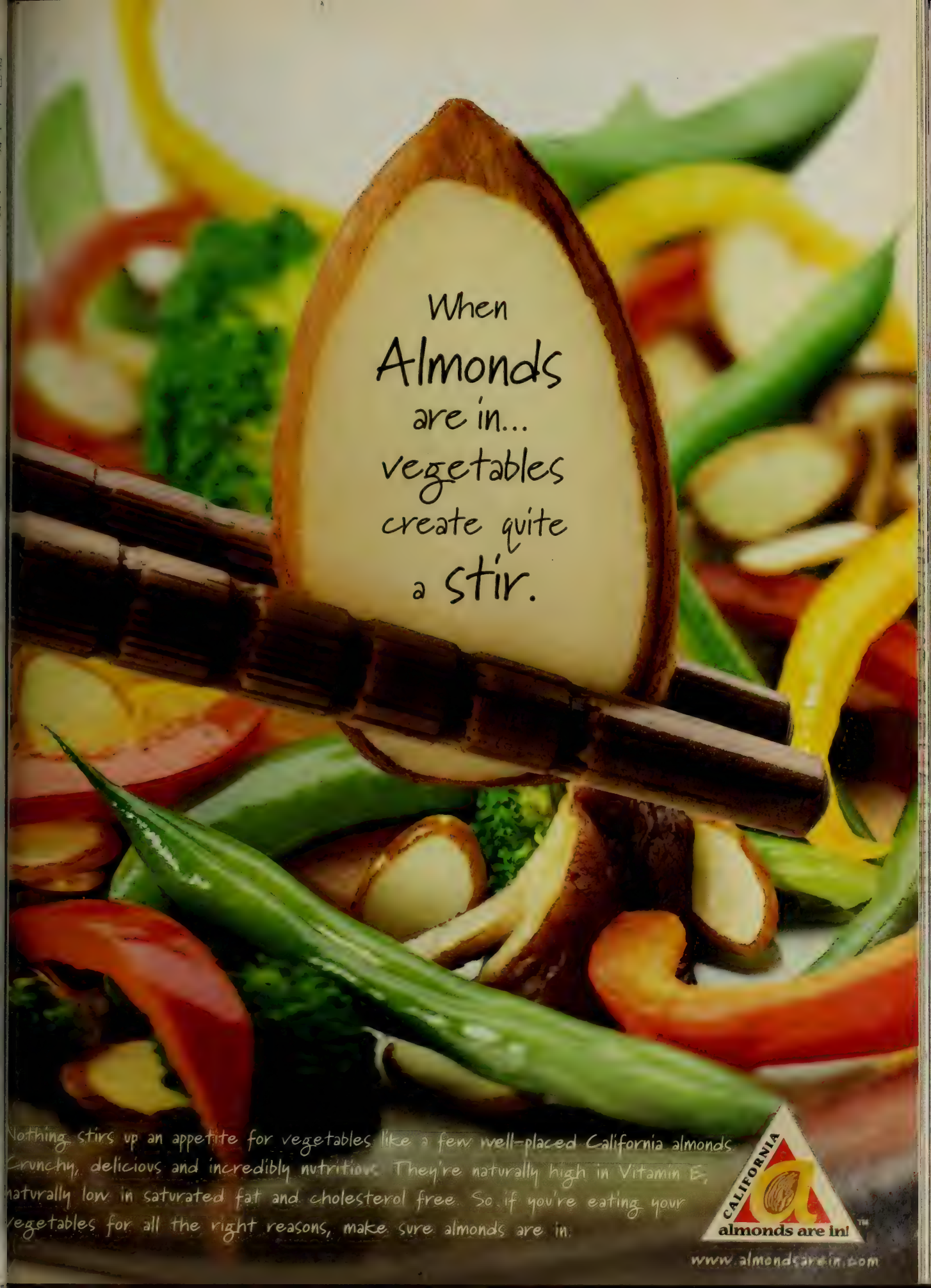
- 2¼ to 2¾ cups all-purpose flour
- 1 pkg. active dry yeast
- ½ cup dairy sour cream
- ¼ cup sugar
- ¼ cup water
- ¼ cup butter or margarine
- ½ tsp. salt
- 1 beaten egg
- ½ of an 8-oz. package cream cheese, softened
- ⅓ cup sugar
- 1 tsp. vanilla
- 1 recipe Powdered Sugar Icing
- Champagne grapes (optional)
- Fresh raspberries (optional)
- Fresh figs, quartered (optional)

In a large mixing bowl stir together 1 cup of the flour and the yeast. In a medium saucepan heat and stir sour cream, the ¼ cup sugar, the water, butter or margarine, and salt just until warm (120° to 130°) and butter almost melts. Add sour cream mixture to dry mixture along with the egg.

Beat with electric mixer on low to medium speed for 30 seconds, scraping the sides of bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of

continued on page 212



Nothing stirs up an appetite for vegetables like a few well-placed California almonds. Crunchy, delicious and incredibly nutritious. They're naturally high in Vitamin E, naturally low in saturated fat and cholesterol free. So if you're eating your vegetables for all the right reasons, make sure almonds are in.

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down-home baking

continued from page 210

the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover and let rise in a warm place until double in size (about 1 hour).

Punch dough down. Turn out onto a lightly floured surface; cover and let rest for 10 minutes. (Or, cover and refrigerate dough up to 24 hours. Remove from refrigerator and let stand, covered, at room temperature for 20 minutes.)

Meanwhile, for filling, in a small mixing bowl stir together cream cheese, ⅓ cup sugar, and vanilla. Set aside. Lightly grease a baking sheet; set aside. On a lightly floured surface, roll dough into a 14x10-inch rectangle. Spread filling evenly over dough to within ½ inch of edges. Roll up, jelly-roll style, starting from a long side. Seal seam. Place, seam side down, on prepared baking sheet. Make ¼-inch-deep cuts across top of loaf at 2-inch intervals. Cover and let rise in warm place for 30 minutes.

Bake in a 350° oven for 30 to 35 minutes or until golden. Cover with foil the last 15 minutes of baking if necessary to prevent overbrowning. Cool slightly on a wire rack.

Drizzle with Powdered Sugar Icing. Serve warm with fresh fruit, if desired. Makes 10 servings.

Powdered Sugar Icing: In a small mixing bowl combine 1 cup sifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon vanilla. Stir in additional milk, 1 teaspoon at a time, until the icing reaches a drizzling consistency.

Nutrition facts per serving: 294 cal., 12 g total fat (7 g sat. fat), 51 mg chol., 201 mg sodium, 43 g carbo., 1 g fiber, and 5 g pro. Daily Values: 12% vit. A, 0% vit. C, 2% calcium, and 10% iron.

Pecan Popovers

Serve these pecan-packed marvels immediately after baking to get the full impact of the crisp crunch of the crust in contrast to the soft, inner texture.
Prep: 15 minutes Bake: 40 minutes

- 2 Tbsp. shortening
- 4 eggs
- 2 cups milk
- 3 Tbsp. butter, melted
- 2 cups all-purpose flour
- ½ tsp. salt
- ⅓ cup finely chopped pecans
- 1 recipe Honey Butter

Preheat oven to 400°. Using ½ teaspoon of shortening for each cup, grease the bottom and sides of twelve 6-ounce custard cups or the cups of popover pans. Or, spray cups generously with *nonstick spray coating.* Place the custard cups on a 15x10x1-inch baking pan. Set pan aside.

In a medium mixing bowl use a wire whisk or rotary beater to beat eggs, milk, and melted butter together until combined. Add flour and salt. Beat until smooth. Stir in pecans.

Fill the prepared cups half full with batter. Bake for 40 minutes or until very firm.

Immediately after removing popovers from the oven, use the tines of a fork to prick each popover to let the steam escape (see photo, *above right*). Turn off the oven. For crisper popovers, return the popovers to the oven for 5 to 10 minutes or until desired crispness is reached. Remove popovers from cups and serve immediately with Honey Butter. Makes 12 popovers.



Use the tines of a fork to prick each popover to allow steam to escape.

Nutrition facts per popover (without Honey Butter): 179 cal., 10 g total fat (3 g sat. fat), 82 mg chol., 160 mg sodium, 17 g carbo., 1 g fiber, and 6 g pro. Daily Values: 8% vit. A, 0% vit. C, 5% calcium, and 8% iron.

Honey Butter: Stir together ½ cup butter or margarine, softened, and 2 tablespoons honey. Makes ½ cup.

Nutrition facts per teaspoon Honey Butter: 31 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 31 mg sodium, 1 g carbo., 0 g pro. Daily Values: 2% vit. A, 0% vit. C, 0% calcium, 0% iron.

POPOVER PAN OFFER

A nonstick **Popover Pan** is great for making these Pecan Popovers. The pan offered here has six individually linked cups and a convenient nonstick coating for easy soap-and-water cleanup. From Fox Run Craftsmen, the pan costs $23.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order to *BH&G®* Reader Shopping Service, Dept. 9804, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.

Strawberry Chiffon Pie

Whether you use dried egg whites or whipped cream in this pie, the result will be a billowy beauty.
Prep: 30 minutes Chill: 4 hours

- 1 recipe Baked Pastry Shell
- 1 envelope unflavored gelatin
- ⅓ cup cold water
- ¾ to 1 cup sugar
- 3 egg yolks
- 3 Tbsp. lemon juice
- Dash salt
- 2½ cups strawberries, crushed (about 1½ cups after crushing)
- Dried egg whites equivalent to 3 fresh egg whites or 1 cup whipping cream
- Halved strawberries (optional)
- Strawberry or mint leaves (optional)

continued on page 214



ARMANDO FERRARI COULD CRAFT HIS CHEESE ANYWHERE IN EUROPE. HE CHOSE WISCONSIN.

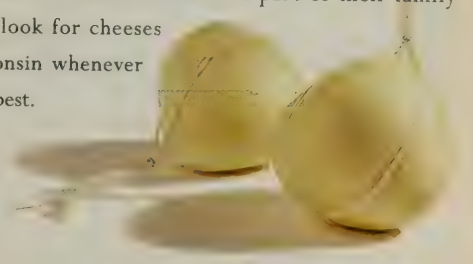


Growing up in Piacenza, Italy, Armando's father taught him everything he knew—a considerable amount, having spent a lifetime making fine Italian cheeses. It's a tradition of apprenticeship that began with Armando's grandfather.

et when Armando decided to continue this tradition in *Wisconsin*, came as no surprise to his family.

hat's because for more than 150 years, Wisconsin has been home to heesemaking families steeped in similar traditions. A place where passion elevates cheesemaking to an art form, and where old-world techniques and a commitment to quality are passed from one generation to the next. A proud heritage that distinguishes Wisconsin's cheese from all others.

It's a difference you can taste in Armando's magnificent Provolone, Asiago and Fontina, as well as in the many other varieties made throughout Wisconsin. Taste why cheesemakers from all over the world have chosen to make Wisconsin a part of their family traditions. Just look for cheeses crafted in Wisconsin whenever you shop for the best.



WISCONSIN CHEESE

Taste Why

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continued from page 212

Prepare Baked Pastry Shell. Set pastry shell aside.

In a small saucepan stir gelatin into cold water. Let stand 1 minute. Add sugar, egg yolks, lemon juice, and salt. Cook mixture over medium heat, stirring constantly, until mixture just comes to a boil; remove from heat. Transfer gelatin mixture to a medium bowl; stir in crushed strawberries. Cover and chill until mixture mounds when spooned, stirring occasionally.

In a medium mixing bowl prepare and beat dried egg white product to stiff peaks according to package directions, or whip the cream to soft peaks. With a wooden spoon or rubber spatula, gently fold egg white mixture or whipped cream into strawberry mixture. Spoon filling into cooled crust. Cover and refrigerate at least 4 hours or until filling is firm. Garnish with halved strawberries and strawberry or mint leaves, if desired. Makes 8 servings.

Baked Pastry Shell: Preheat oven to 450°. Stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Cut in ⅓ cup shortening until pieces are the size of small peas. Using a total of 4 to 5 tablespoons cold water, sprinkle 1 tablespoon water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form into a ball.

On a lightly floured surface use your hands to slightly flatten dough. Roll dough from center to edges into a circle about 12 inches in diameter.

To transfer pastry, wrap it around the rolling pin. Unroll pastry into a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry. Crimp edge as desired.

Generously prick bottom and sides of pastry in pie plate with a fork. Prick all around where bottom and sides meet. Bake for 10 to 12 minutes or until golden. Cool on a wire rack.

Nutrition facts per serving: 256 cal., 11 g total fat (3 g sat. fat), 80 mg chol., 95 mg sodium, 36 g carbo., 1 g fiber, and 4 g pro. Daily Values: 12% vit. A, 49% vit. C, 1% calcium, and 8% iron.

Flaky Biscuits

Self-rising flour is the key to these Sunday-best biscuits. The flour has salt and some leavening already added.
Prep: 15 minutes Bake: 10 minutes

- 2 cups self-rising flour
- ¼ tsp. baking soda
- ¼ cup butter or margarine
- ¾ cup buttermilk

Preheat oven to 425°. In a medium mixing bowl stir together flour and baking soda. With a pastry blender or two knives cut in butter or margarine until mixture resembles coarse crumbs. Make a well in center. Add the buttermilk all at once; stir until moistened.

Turn dough out onto a lightly floured surface. Quickly knead dough by gently folding and pressing dough 10 to 12 strokes or until nearly smooth. Pat or lightly roll dough to ½-inch thickness. Cut dough with a floured 2½-inch biscuit cutter. Place biscuits 1 inch apart on a lightly greased baking sheet. Bake for 10 to 15 minutes or until golden. Remove biscuits from baking sheet and serve hot. Makes 10 to 12 biscuits.

Nutrition facts per biscuit: 136 cal., 5 g total fat (3 g sat. fat), 13 mg chol., 415 mg sodium, 19 g carbo., 3 g fiber, and 3 g pro. Daily Values: 4% vit. A, 0% vit. C, 8% calcium, and 6% iron.

Pepper Cheese Biscuits: Prepare Flaky Biscuits as above, except stir ¾ cup shredded Monterey Jack cheese with jalapeño peppers (3 ounces), 2 tablespoons snipped chives, and ⅛ teaspoon ground red pepper into flour/butter mixture.

Nutrition facts per biscuit: 168 cal., 8 g total fat (5 g sat. fat), 21 mg chol., 460 mg sodium, 20 g carbo., 3 g fiber, and 5 g pro. Daily Values: 7% vit. A, 0% vit. C, 14% calcium, and 7% iron.

SPECIAL CUTTERS OFFER

The Flaky Biscuits (*above*) and Tender Potato Rolls (see recipe, *page 217*) were made using 2½-inch biscuit cutters. Cheese Cracker Delights (see recipe, *page 216*) were made using a crinkled garnisher. Our **Baker's Cutters Set** includes three graduated straight-edge biscuit cutters (1¾, 2½, and 3 inches in diameter), three graduated scalloped-edge biscuit cutters (2, 2½, and 3 inches in diameter), and a crinkled garnisher. From Fox Run Craftsmen, the set costs $14.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9804, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call us toll free at 800/881-4066.

Chocolate-Pecan Chess Pie

This cross between a chess pie and a pecan pie—with some chocolate sprinkled in for good measure—is a Southern dessert dream.
Prep: 25 minutes Bake: 40 minutes

- 1 recipe Pastry for Single-Crust Pie
- 1¼ cups sugar
- 4 tsp. cornmeal
- 4 eggs
- ⅓ cup half-and-half or light cream
- 3 Tbsp. butter or margarine, melted and cooled
- 1 tsp. vanilla
- ½ cup pecans, toasted and chopped
- ½ cup miniature semisweet chocolate pieces

Preheat oven to 450°. Prepare and roll out Pastry for Single-Crust Pie. Line a 9-inch pie plate with pastry.

continued on page 216

The last thing you want to hear after serving your holiday ham is "Nice China."



When it has to be great, it has to be CURE 81® ham. Whether boneless or spiral-sliced, it's tender, delicious, perfect every time. CURE 81® ham. It's dependability worth paying for.

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Naughty but nice.



Chocolate Caramel Bars

Only the taste is naughty with this tempting cookie bar. For other recipes, call 1-800-417-2253.

- 1¾ cups plus 3 tablespoons all-purpose flour, separated
- 1¾ cups quick cooking oats
- 1 cup packed brown sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup **Sunsweet Lighter Bake**
- ¼ cup vegetable oil
- 1 cup semisweet chocolate pieces
- ¾ cup fat-free caramel ice cream topping

Preheat oven to 350 degrees. Coat 13x9-inch pan with cooking spray. Combine 1¾ cups flour, oats, brown sugar, baking soda and salt. Add Lighter Bake and oil; stir with fork or fingertips until evenly moist and crumbly. Reserve 1 cup for topping. Press remaining mixture evenly onto bottom of pan. Bake 15 minutes. Cool 10 minutes. Sprinkle with chocolate pieces. Stir remaining flour into caramel topping. Drizzle over chocolate. Sprinkle with reserved crumbs. Bake 15 minutes or until edges are golden. Cool. Makes 36 bars.

Nutrients per serving: Calories 130 (21% from fat); Protein 2g; Fat 3g; Carbohydrate 24g; Sodium 50mg; Cholesterol 0mg.

It's naughty because it has rich, dark chocolate and chewy caramel. It's nice because it uses Lighter Bake® to replace most of the fat in the recipe. You see, Lighter Bake from Sunsweet is a fruit-based replacement for fats like butter and oil. In addition to being 100% fat-free, Lighter Bake gives soft baked goods a wonderfully moist texture and delicious taste. It's a tasty way to be nice to yourself.



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down-home baking

continued from page 214

(Do not prick.) Trim; flute edges high. If desired, press the tines of a fork against the fluted edges at evenly spaced intervals. Line pastry with a double thickness of foil. Bake 8 minutes. Remove foil; bake 4 to 5 minutes more or until set and dry but not brown.

Meanwhile for filling, in a small mixing bowl stir together sugar and cornmeal; set aside. In a large mixing bowl beat the eggs with an electric mixer on medium speed for 1 minute. Add the sugar mixture; mix well. With a wooden spoon or rubber spatula, gradually stir in half-and-half, melted butter or margarine, and vanilla. Stir in pecans.

Place partially baked pastry shell on the oven rack. Sprinkle the chocolate pieces into the bottom of the pastry shell. Carefully pour the filling into the pastry shell.

To prevent overbrowning, cover edge of pie with foil (being careful not to let the foil touch the filling). Reduce oven temperature to 350° and bake for 30 minutes. Remove foil. Bake 10 to 15 minutes more or until center appears nearly set when shaken. Cool on a wire rack. Refrigerate within 2 hours; cover for longer storage. Makes 10 servings.

Pastry for Single-Crust Pie: Stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Cut in ⅓ cup shortening until pieces are the size of small peas. Using a total of 4 to 5 tablespoons cold water, sprinkle 1 tablespoon water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form into a ball.

Nutrition facts per serving: 365 cal., 20 g total fat (4 g sat. fat), 90 mg chol., 123 mg sodium, 43 g carbo., 1 g fiber, and 5 g pro. Daily Values: 9% vit. A, 0% vit. C, 2% calcium, and 8% iron.

Cheese Cracker Delights

These crisp appetizer tidbits can be made in advance and chilled until nearly serving time. Then just slice them, bake them, and serve them fresh from the oven.
Prep: 20 minute Chill: 1 hour
Bake: 15 minutes

- 8 oz. sharp cheddar cheese, shredded (2 cups)
- ½ cup butter
- 1½ cups all-purpose flour
- ¼ to ½ tsp. salt
- ¼ tsp. ground red pepper

In a large mixing bowl combine shredded cheese and butter; bring to room temperature (about 1 hour). Beat with an electric mixer until well combined. Stir in flour, salt, and red pepper. Divide the dough in half.

Shape dough into two 7-inch logs. Wrap and chill logs for at least 1 hour.

Preheat oven to 350°. With a knife or a crinkle cutter, slice the cheese logs into ¼-inch-thick slices (see photo, *below*). Place slices on ungreased baking sheets. Bake for 15 minutes. Makes about 4½ dozen crackers.



Use a crinkle cutter to make an interesting shape on these sliced crackers.

Nutrition facts per cracker: 44 cal., 3 g total fat (2 g sat. fat), 9 mg chol., 56 mg sodium, 3 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 2% calcium, and 1% iron.

Tender Potato Rolls

For oven-fresh rolls without a lot of last-minute fuss, shape the dough in advance and let it rise in the fridge until the dinner hour approaches.
Prep: 20 minutes Rise: 1¼ hours, plus 30 minutes Bake: 15 minutes

- 3 to 3½ cups bread flour or all-purpose flour
- 1 pkg. active dry yeast
- ¾ cup water
- ½ cup milk
- ⅓ cup shortening
- ¼ cup sugar
- 1 tsp. salt
- ⅓ cup packaged instant mashed potato flakes
- 1 egg

In a large mixing bowl stir together 1 cup of the flour and the yeast. In a medium saucepan heat and stir the water, milk, shortening, sugar, and salt just until warm (120° to 130°) and shortening almost melts. Stir in the potato flakes. Let stand for 1 minute. Add milk mixture to dry mixture along with the egg. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface of the dough. Cover and let rise in

continued on page 218

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FRENCH FRIES

Sound too good to be true? It's easy with All Natural PAM® made with pure canola oil. Just slice a large potato into 1/4-inch sticks. Spray PAM on cookie sheet. Place potatoes in single layer and spray PAM again directly on potatoes. Season to taste. Bake in preheated 400° oven for 30 to 40 minutes. Turn potatoes every 15 minutes until crisp. Enjoy.



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Watch this cake appear as magically as it disappears



With just one box of Domino® Confectioners Sugar it's a hop, skip and a jump to making a delicious cake and frosting all from one simple recipe.

Magic Cake

Frosting:

- 1 (3 oz.) pkg. cream cheese, softened
- 1/2 cup (1 stick) butter or margarine, softened
- 1 (16 oz.) box Domino® Confectioners Sugar (3 3/4 cups)
- 1/3 cup milk

Cake:

- 2 eggs
- 1 tsp. vanilla extract
- 1 1/4 cups all purpose flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/3 cup water

Preheat oven to 350°F. Grease an 8 x 8-inch square baking pan. In large mixing bowl, with mixer at medium speed, beat cream cheese and butter until smooth. Add confectioners sugar alternately with milk, beating 1-2 minutes or until well blended. Remove 1 cup of frosting from bowl and set aside.

With mixer at slow speed, add eggs to remaining frosting mixture in mixing bowl. Add vanilla extract. Beat until blended. In small bowl, combine flour, baking powder, and salt. Add flour mixture to mixing bowl alternately with water and continue beating 1-2 minutes or until well blended. Pour into pan and bake 35-45 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Cool completely. Place cake on serving plate. Spread sides and top of cake with remaining frosting.



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down-home baking

continued from page 217



This golden cornbread goes well with just about anything you're serving up. It's great solo too.

a warm place until double in size (about 1 1/4 hours).

Punch dough down. Turn dough onto a lightly floured surface. Divide the dough in half. Cover and let rest for 10 minutes. Lightly grease two 8x8x2-inch or 9x9x2-inch baking pans.

On a lightly floured surface, roll each portion of dough to 1/2-inch thickness. Cut dough with a floured 2 1/2-inch round cutter. Place rolls in prepared baking pans. Cover and let rise in a warm place until nearly double in size (30 to 40 minutes). (Or, cover shaped rolls in pan with oiled waxed paper, then with plastic wrap, and refrigerate for 2 to 24 hours. Remove from refrigerator and let stand, covered, at room temperature for 20 minutes.)

Bake in a 375° oven for 15 to 20 minutes or until golden. Immediately remove rolls from pans. Cool the rolls on wire racks. Makes 20 to 24 rolls.

Nutrition facts per roll: 125 cal., 4 g total fat (1 g sat. fat), 11 mg chol., 116 mg sodium, 19 g carbo., 1 g fiber, and 3 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 5% iron.

Company Cornbread

A cast-iron skillet is a favorite pan for making cornbread because the cast iron is an excellent conductor of heat. That's what gives the cornbread its wonderful crisp, golden crust. But a round cake pan works well too.
Prep: 12 minutes Bake: 20 minutes

- 1 cup all-purpose flour
- 3/4 cup cornmeal
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- 3/4 tsp. salt
- 2 beaten eggs
- 1 cup milk
- 1/4 cup melted shortening or cooking oil

Preheat oven to 400°. In a medium mixing bowl stir together the flour, cornmeal, sugar, baking powder, and salt. In another bowl combine eggs, milk, and melted shortening or cooking oil. Add the egg mixture all at once to the dry ingredients. Stir just until moistened.

If using a cast-iron skillet, place greased 10-inch cast-iron skillet in oven for 3 minutes. Remove from

continued on page 220



You couldn't predict who'd find the Easter eggs.

But you knew how the cake would turn out.





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To enjoy this special, real cream taste, look for the famous red and white can.



down-home baking

continued from page 218

oven. Pour batter into hot skillet. (Or, pour the batter into an unheated, greased 9-inch round baking pan.) Bake about 20 minutes or until light brown. Makes 8 to 10 servings.

Nutrition facts per serving: 203 cal., 9 g total fat (2 g sat. fat), 56 mg chol., 368 mg sodium, 26 g carbo., 1 g fiber, and 5 g pro. Daily Values: 4% vit. A, 0% vit. C, 14% calcium, and 10% iron.

SPECIAL CAST-IRON SKILLET OFFER

Company Cornbread was made using a **10-inch Cast-Iron Skillet.** This one is from Lodge Manufacturing and costs $18.95, which includes shipping, handling, and applicable sales tax.

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the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" at the end of this story to find out how you can earn money for sharing your cooking secrets with us.

Lemon Slices Nice When Iced

Although I love to add slices of fresh lemon to glasses of ice water, I'm not always able to use the entire lemon at once. So I place the remaining lemon slices in a plastic freezer bag and put it in the freezer. When I want ice water with lemon, I just remove a lemon slice from the freezer and drop it into my glass for a refreshing treat.

Denise Ernstberger,
Jeffersonville, Ind.

It's in the Bag

When icing a coffee cake, sweet bread, rolls, or other baked goods, a small, clear plastic bag simplifies the task. Just combine the ingredients for the icing in the plastic bag and knead the bag until the mixture is smooth and of drizzling consistency. Snip off a corner of the bag and drizzle the icing through the hole onto your baked goods.

Jeaneen L. Brose,
Colorado Springs, Colo.

A Cool Tip for Flaky Pastry

The secret to an extra flaky pastry for pies is simple. Use chilled cooking oil rather than cooking oil that is stored at room temperature. I keep a bottle of cooking oil in the fridge to guarantee a flaky crust when I bake.

Hollie Hills,
San Francisco, Calif.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine.


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For a rich, fresh-from-the-farm taste, top
your favorite desserts with Reddi-wip real whipped cream.

20-minute pasta...

by David Feder, Registered Dietitian

"I've got no time to cook a healthy meal" is no longer an excuse. Zip this fabulous, restaurant-quality pasta dinner from the refrigerator to the table in 20 minutes or less. Then enjoy!

For 4 main-dish dinners:

Prepare according to package directions...

1 9-oz. pkg. refrigerated light cheese-filled ravioli

Meanwhile, in a large nonstick skillet heat...

2 tsp. avocado oil or olive oil
2 cloves garlic, minced

Add and cook on medium-high heat for 4 to 5 minutes...

1 medium, yellow summer squash, thinly sliced (about 1¼ cups)
4 plum tomatoes, quartered
1 15-oz. can chickpeas, rinsed and drained
2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
¼ tsp. crushed black pepper

Drain pasta; add to skillet and toss. Serve on top of...

4 cups shredded fresh spinach (1 cup per plate)

Here's the nutrition scoop per serving: 334 calories, 17 g protein, 8 g fat (2 g sat. fat), 43 mg cholesterol, 643 mg sodium, 51 g carbohydrates, and 10 g fiber. Daily Values: 48% vit. A, 85% vit. C, 14% calcium, and 37% iron.



80% of Americans say they miss the favorite foods they grew up with. Consider this a reunion.



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Flat Beater mixes ingredients (onions into meatloaf, butter into cookie dough)



Dough Hook kneads dough (you will start doing this often now)



Wire Whip fluffs things up (cake batter, egg whites, heavy cream)





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food

Unsticking The Pan

Cooking in uncoated aluminum, stainless steel, or copper pans can be a frustrating experience. If not treated correctly, half the meal gets left behind—stuck to the bottom.

Sticking occurs because a metal surface is never completely smooth. Rather, it is covered with millions of microscopic fissures and pits that trap food and won't let go. To prevent sticking, you have to fill up those tiny crevices with oil so food particles and juices can't get in and grab hold.

Whether you're frying, poaching, braising, or stewing, these tips will help your food make a clean getaway.

Before you start cooking, rub oil onto the inside of the pan, forcing the oil into the tiny cracks and crevices and leaving a smooth surface to cook on. To do it, place 1 to 2 teaspoons of vegetable oil in a cold pan and rub it into the surface with a paper towel. Or, if you use cooking spray, spray it into the pan, then rub into the surface.

When cooking, follow the recipe directions exactly for heating a pan. If the recipe says to use medium heat, for instance, use it. One of the things recipe writers keep in mind is tailoring the recipe to minimize sticking as much as possible.

If you're cooking without a recipe, figure on using 1 to 2 tablespoons of oil in a typical large (10-inch) skillet. Put the oil in an unheated skillet before allowing it to heat up. Pouring oil or spraying nonstick cooking spray into a hot skillet can, in some cases, cause a flash fire.

After the meal is cooked, resist the urge to put pans in the dishwasher. Some dishwashers can pit certain kinds of cookware, making the sticking problem worse. Check your dishwasher's manual and dishwasher detergent label before you try it.

To wash by hand, soak the cooled pan in cold water, overnight if necessary, to loosen grime. Then wash, avoiding scrubbing, which can scratch the pan surface.

WHAT OIL STICKS LEAST?

It's a toss-up among the vegetable oils that most people use for frying, say food scientists. Bruce Watkins, a professor of food science at Purdue University in Indiana says the best candidates are the lighter, more refined vegetable oils such as safflower. Olive oil is not as good a choice, he said, because it breaks down more quickly at high heat.

For minimum sticking, however, use a nonstick cooking spray containing lecithin, a natural emulsifier. It increases the slipperiness of the oils it's mixed with.



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Wire Whip fluffs things up (cake batter, egg whites, heavy cream)



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food

Unsticking The Pan

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Sticking occurs because a metal surface is never completely smooth. Rather, it is covered with millions of microscopic fissures and pits that trap food and won't let go. To prevent sticking, you have to fill up those tiny crevices with oil so food particles and juices can't get in and grab hold.

Whether you're frying, poaching, braising, or stewing, these tips will help your food make a clean getaway.

Before you start cooking, rub oil onto the inside of the pan, forcing the oil into the tiny cracks and crevices and leaving a smooth surface to cook on. To do it, place 1 to 2 teaspoons of vegetable oil in a cold pan and rub it into the surface with a paper towel. Or, if you use cooking spray, spray it into the pan, then rub into the surface.

When cooking, follow the recipe directions exactly for heating a pan. If the recipe says to use medium heat, for instance, use it. One of the things recipe writers keep in mind is tailoring the recipe to minimize sticking as much as possible.

If you're cooking without a recipe, figure on using 1 to 2 tablespoons of oil in a typical large (10-inch) skillet. Put the oil in an unheated skillet before allowing it to heat up. Pouring oil or spraying nonstick cooking spray into a hot skillet can, in some cases, cause a flash fire.

After the meal is cooked, resist the urge to put pans in the dishwasher. Some dishwashers can pit certain kinds of cookware, making the sticking problem worse. Check your dishwasher's manual and dishwasher detergent label before you try it.

To wash by hand, soak the cooled pan in cold water, overnight if necessary, to loosen grime. Then wash, avoiding scrubbing, which can scratch the pan surface.

WHAT OIL STICKS LEAST?

It's a toss-up among the vegetable oils that most people use for frying, say food scientists. Bruce Watkins, a professor of food science at Purdue University in Indiana says the best candidates are the lighter, more refined vegetable oils such as safflower. Olive oil is not as good a choice, he said, because it breaks down more quickly at high heat.

For minimum sticking, however, use a nonstick cooking spray containing lecithin, a natural emulsifier. It increases the slipperiness of the oils it's mixed with.

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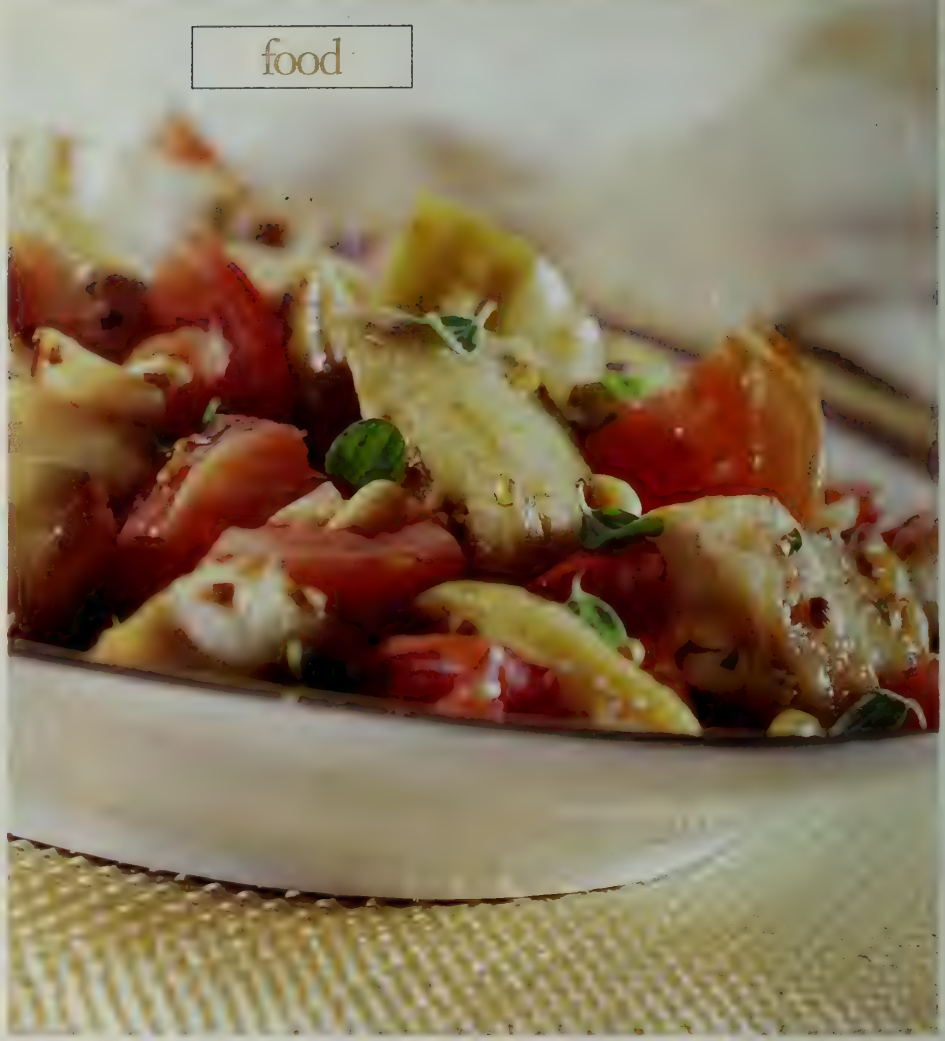
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The foods enjoyed during Passover represent biblical dietary laws, as well as the foods the Israelites ate during their 40-year sojourn in the desert.



Another Side of Passover

by David Feder

Passover is a holiday with distinctive food themes, and various rules govern what may be eaten during the eight-day observance.

Yet some Passover dietary rules shift and change according to the background and traditions of the family celebrating the holiday.

In America, most persons who celebrate Passover are of European descent. But an increasing influx of Jews of Arabic descent and Jews of Spanish descent has brought new influences that impart an out-of-the-ordinary side to the traditional foods of the holiday. Their recipes continue to add variety to the inclusive cultural tastes of Passover.

Tunisian Passover Ratatouille

Prep: 20 minutes Cook: 10 minutes

- 2 medium eggplant (about 1½ lb.)
- 3 Tbsp. olive oil
- 2 medium tomatoes, quartered
- 4 cloves garlic, minced
- 1 Tbsp. snipped fresh marjoram or 1 tsp. dried marjoram, crushed
- 1 tsp. coriander seeds, crushed
- ¼ to ½ tsp. salt
- ¼ to ½ tsp. crushed red pepper
- 2 Tbsp. pine nuts, toasted
- Fresh marjoram leaves

Preheat oven to 425°. Peel eggplant; cut into 1½-inch cubes. Toss with 2 tablespoons of the olive oil and transfer to a shallow roasting pan. Roast, uncovered, for 10 minutes, stirring once; set aside.

In a large skillet heat remaining oil. Cook tomatoes, garlic, dried marjoram (if using), coriander, salt, and pepper in hot oil until tomatoes are just softened. Add eggplant; reduce heat to low. Cook, covered, for 10 minutes; stir in pine nuts and fresh marjoram (if using) during the last 3 minutes of cooking. Sprinkle with marjoram leaves before serving. Makes 6 side-dish servings.

Nutrition facts per serving: 115 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 97 mg sodium, 9 g carbo., 3 g fiber, 2 g pro. Daily Values: 3% vit. A, 16% vit. C, 1% calcium, and 6% iron.

continued on page 228



10 calories



eh… make that 12

Few things in life are as cool and refreshing as Sugar Free Orange Jell-O®.
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smile more

Here's how to dress your Easter bunnies.

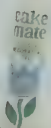
WHITE CHOCOLATE COCONUT FROSTING:
Beat 1 stick softened butter, 1 cup powdered sugar and 2 Tbsp. milk in medium bowl with electric mixer on low speed until well blended. Increase speed to medium and beat 30 seconds until smooth. Beat in 3 squares melted BAKER'S® Premium White Baking Chocolate. Stir in half of a 7 oz. bag (1 1/3 cups) BAKER'S® Sweetened Flaked Coconut. Sprinkle remaining coconut over brownies after they are frosted and cut, if desired.

EASTER BROWNIE DECORATING TIPS:
- Use Cake Mate® Decorating Icings or Gels to draw bunny eyes, nose and mouth.
- Use Cake Mate® Rainbow Decors to create outline for clothing (vests, bow ties, etc.), then use assorted colored crystals to fill in the designs.
- Use sugar-coated gumdrops cut into shapes to create carrots and leaves.

TIPS FOR USING BROWNIE SCRAPS FROM BUNNY CUT-OUTS:
- Stir cubes of brownie scraps into prepared JELL-O® Chocolate or Vanilla Flavor Instant Pudding & Pie Filling.
- Stir cubes of brownie scraps into softened vanilla or chocolate ice cream.
- Stir cubes of brownie scraps into thawed COOL WHIP® Whipped Topping for a Brownies 'n Creme dessert.
- Layer cubes of brownie scraps with prepared JELL-O Chocolate or Vanilla Flavor Instant Pudding & Pie Filling, thawed COOL WHIP Whipped Topping and banana slices for a layered dessert trifle.







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Passover

continued from page 226



Kosher cuisine requires separation of "meat" meals and "dairy" meals. This potato casserole shows there are many tantalizing recipe possibilities, even when ingredients are restricted.

Castilian-Style Passover Potato Casserole

Prep: 55 minutes Cook: 15 minutes

- 6 medium baking potatoes (about 2 lb.)
- ½ cup plain, low-fat yogurt
- 2 Tbsp. margarine or butter
- ¼ to ½ tsp. salt
- ⅛ tsp. ground red pepper
- 2 beaten eggs
- ¾ cup herbed feta cheese or plain feta cheese
- ¼ cup water
- 1 10-oz. pkg. prewashed spinach
- ¼ tsp. paprika

Preheat oven to 425°. Peel and quarter potatoes. In a large saucepan cook potatoes, covered, in a small amount of boiling water for 25 minutes or until tender. Drain potatoes. Mash drained potatoes with a potato masher or beat with an electric mixer on low speed. Add yogurt, margarine or butter, salt, and red pepper; beat just until combined. Add eggs; beat with an electric mixer on low speed for 1 minute or until fluffy. Fold in ½ cup of the feta cheese.

In a 12-inch skillet bring the ¼ cup water to boiling; add spinach to skillet. Toss spinach for about 1 minute or until spinach is slightly wilted; drain. Press out excess liquid. Coarsely chop spinach.

Spread half of the potato mixture into a lightly greased 2-quart rectangular baking dish. Layer spinach on top; sprinkle with remaining feta cheese. Spread remaining potato mixture on top and sprinkle with paprika.

Bake, uncovered, for 15 minutes or until top is lightly browned. Makes 8 side-dish servings.

Nutrition facts per serving: 240 cal., 10 g total fat (5 g sat. fat), 76 mg chol., 416 mg sodium, 30 g carbo., 2 g fiber, and 9 g pro. Daily Values: 31% vit. A, 32% vit. C, 16% calcium, and 18% iron.

Baker's®
APRIL

Why just settle for the usual chocolate bunny?

Baker's® Bunny Brownies

Prep: 10 minutes Bake: 35 minutes

4 squares BAKER'S® Unsweetened Baking Chocolate
3/4 cup (1 1/2 sticks) butter or margarine
2 cups sugar
3 eggs
1 tsp. vanilla
1 cup flour
White Chocolate Coconut Frosting (see opposite page)
Assorted Cake Mate® Dessert Decorations

• **HEAT** oven to 350° F (325° for glass baking dish). Line 13 x 9-inch aking pan with foil extending over edges to form handles. Grease foil.
• **MICROWAVE** chocolate and butter in large microwavable bowl on IIGH 2 minutes or until butter is melted. Stir until chocolate is ompletely melted.
• **STIR** sugar into chocolate until well blended. Mix in eggs and anilla. Stir in flour until well blended. Spread in prepared pan.
• **BAKE** 30 to 35 minutes or until toothpick inserted in center omes out with fudgy crumbs. DO NOT OVERBAKE. Cool in pan. Run nife around edge of pan to loosen brownies from sides. Lift from pan nto cutting board, using foil as handles. Frost with White Chocolate 'oconut Frosting.
• **REFRIGERATE** brownies 10 minutes to set frosting. Cut into quares or cut into festive Easter shapes such as bunnies, using ookie cutters. (Press cutter down into brownies. Lift up and ress brownie up through cutter to remove.)
'ecorate with assorted Cake Mate® Decorating Icings, lossy Decorating Gels and Decors. Makes 24 fudgy rownie squares or about 10 Easter-shaped brownies.



Bakers always choose Baker's.™

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Salmon in Black and White

by David Feder

The roseate-pink of this succulent salmon dazzles with its display of a black-and-white sesame seed coating. This imaginative recipe is easier to make than it looks. A quick turn in the skillet keeps the fish firm and juicy while enhancing the toasty crunch of the sesame.

Sesame seeds are practically a staple food in the Middle East, where they come in more colors than black and white—there are also red, brown, and silver sesame seeds. No matter which hue you choose, all are similar in taste and can be used in place of each other in recipes.

Look for black sesame seeds in specialty food markets. If none are available, double the amount of white sesame seeds in this recipe.

Sesame-Crusted Salmon

Prep: 20 minutes Cook: 5 minutes

- 1 16-oz. skinless fresh or frozen salmon fillet, thawed
- 6 Tbsp. all-purpose flour
- ¼ teaspoon salt
- 2 Tbsp. white sesame seed
- 2 Tbsp. black sesame seed
- ¼ cup tahini
- 3 Tbsp. lemon juice
- 2 Tbsp. chopped roasted sweet red pepper
- 1 Tbsp. water
- ¼ cup milk
- 2 Tbsp. cooking oil
- Lemon wedges (optional)
- Lime wedges (optional)
- Fresh watercress (optional)

Rinse fish; pat dry with paper towels. Cut into 4 even fillets. Place one fillet at a time between pieces of clear plastic wrap. Using the flat side of a meat mallet, gently pound fish, working from the center to the edges, until an even thickness, about ½ inch. Set aside.

In a bowl combine half of the flour, half of the salt, and the white sesame seeds. In a second bowl, combine remaining flour, salt, and the black sesame seeds; set aside.

In a blender container combine tahini, lemon juice, roasted sweet red pepper, and water. Cover; blend till smooth. If necessary, add additional water a teaspoon at a time till sauce is a creamy consistency.

Place milk in a shallow dish. Dip the salmon fillets in the milk. Firmly press one half of each side of the fillet in the white sesame seed mixture. Press the other half of each side of the fillet in the black sesame seed mixture.

In a large skillet heat oil over medium-high heat; cook coated fish fillets for 4 to 6 minutes or until fish just flakes, turning once. To serve, spoon tahini sauce on dinner plates; top with fillets. Garnish with lemon and lime wedges and fresh watercress, if desired. Makes 4 servings.

Nutrition facts per serving: 350 cal., 23 g total fat (4 g sat. fat), 21 mg chol., 215 mg sodium, 15 g carbo., 2 g fiber, and 22 g pro. Daily Values: 5% vit. A, 31% vit. C, 11% calcium, and 21% iron.

Pardon me,
would you have 1/3 cup
of Grey Poupon?



Phantastic Phyllo

Thin layers of pastry make two already-luxurious dishes even better.

by Richard Swearinger

When lush, creamy dishes seem a little over the top but you're in the mood for something special, consider adding the crunch and crackle of crisp phyllo layers to the mix. We've used these sheets of paper-thin Greek pastry to add structure to a honeyed mix of nuts and chocolate. They also temper the richness of a Brie-stuffed chicken.

Chocolate-Nut Phyllo Cups

Prep: 40 minutes Cook: 15 minutes

- 3 Tbsp. honey
- 1 Tbsp. cornstarch
- 1 cup half-and-half or light cream
- 2 beaten egg yolks
- 1 cup ground pecans
- 4 tsp. granulated sugar
- 4 sheets frozen phyllo dough (17x12 inches), thawed according to package directions
- 3 Tbsp. margarine or butter, melted
- 1 oz. semisweet chocolate, cut up
- 1 Tbsp. butter or margarine
- ¾ cup sifted powdered sugar
- ½ tsp. vanilla
- 2 to 3 tsp. hot water
- Cocoa powder
- ½ cup whipping cream
- ½ tsp. vanilla
- Grated semisweet chocolate (optional)

In a small, heavy saucepan stir together honey and cornstarch. Add half-and-half or light cream. Cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Gradually stir some of the hot mixture into the egg yolks. Return all to saucepan. Bring to a gentle boil; reduce heat. Cook and stir for 2 minutes more. Transfer to a small bowl. Cover surface with clear plastic wrap. Chill.

In a bowl combine ground pecans and granulated sugar. Set aside. Unfold phyllo. Place one sheet of phyllo on work surface; brush with some of the 3 tablespoons melted margarine or butter. Sprinkle evenly with one-third of the nut mixture. Repeat brushing, sprinkling, and layering 2 times. Cover with remaining sheet of phyllo; brush top with melted margarine or butter. Trim edges. Cut phyllo stack crosswise in fourths, and then lengthwise in thirds, to form twelve 4-inch squares.

Gently press phyllo squares into twelve greased 2½-inch muffin cups, allowing edges to extend upward (see photo, *page 235*).

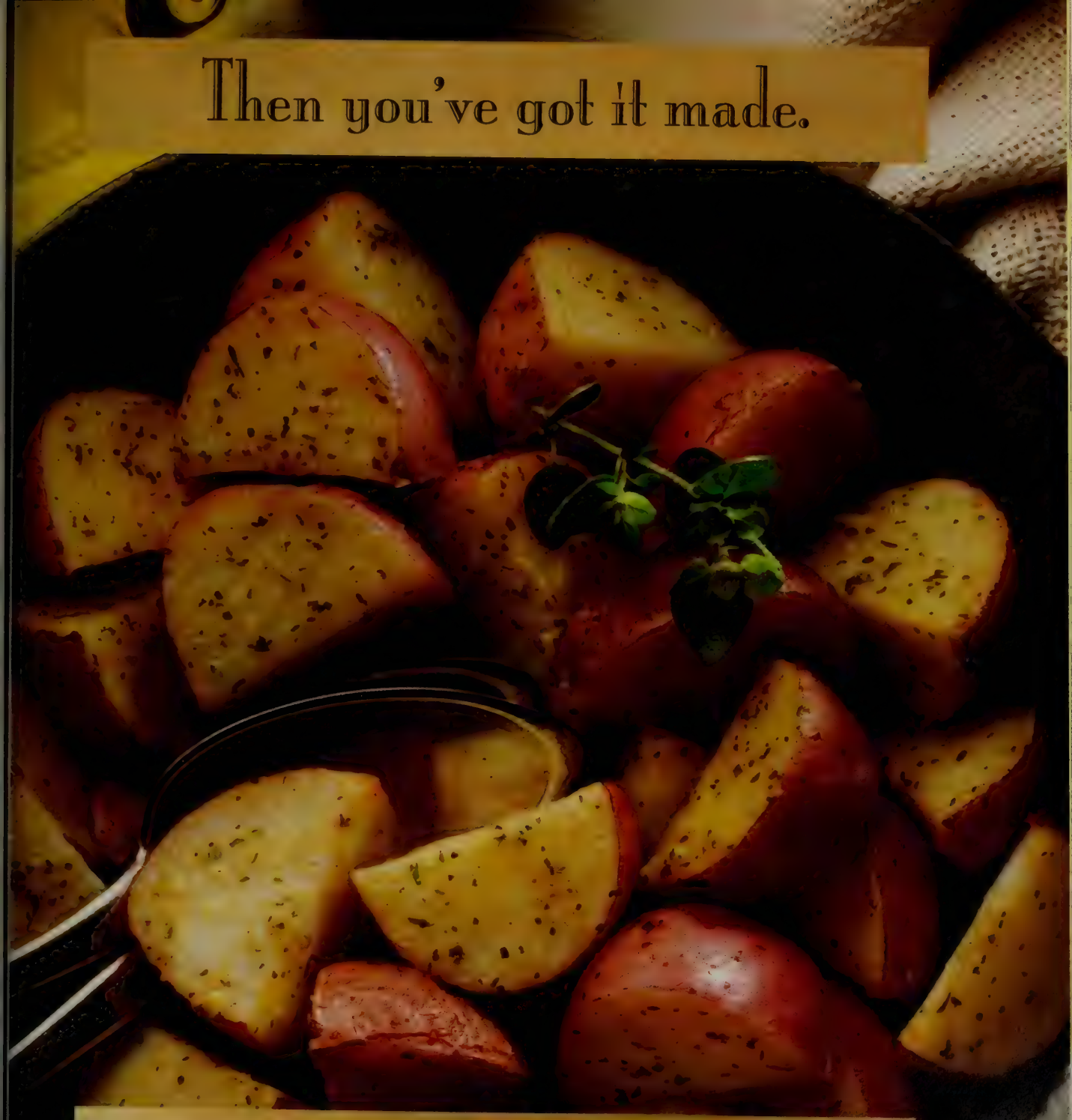
Bake in a 350° oven for 10 to 15 minutes or until golden. Cool completely on a wire rack. Carefully remove cups from pan.

(If desired, cups may be baked ahead of time, then placed in a rigid plastic container and frozen up to 1 week. To thaw: let stand at room temperature 20 to 30 minutes.)

To serve, in a small, heavy saucepan melt the 1 ounce chocolate

continued on page 234

Then you've got it made.



Herb-Roasted Potatoes Poupon

1/3 cup Grey Poupon Dijon Mustard
2 tablespoons olive oil
1 clove garlic, chopped
1/2 teaspoon Italian seasoning
6 medium red skin potatoes (about 2 pounds), cut into chunks

Mix all ingredients except potatoes in small bowl. Place potatoes in lightly greased 13x9x2-inch baking pan or on shallow baking sheet; toss with mustard mixture. Bake at 425°F for 35 to 40 minutes or until potatoes are fork tender, stirring occasionally. Makes 4 servings.



Grey Poupon blends so smoothly and completely, the only thing that stands out is your cooking.

Grey Poupon & potatoes. But of course.



Phantastic Phyllo

continued from page 232



and the 1 tablespoon margarine or butter over low heat, stirring until smooth. Remove from heat. Stir in the powdered sugar and the first ½ teaspoon vanilla. Add hot water, 1 teaspoon at a time, until it reaches drizzling consistency. Lightly drizzle melted chocolate on dessert plates. Sift cocoa powder over chocolate. (Chocolate can also be drizzled over edges and insides of cups.)

In a small, chilled mixing bowl, beat the whipping cream and remaining ½ teaspoon vanilla with an electric mixer on medium speed until soft peaks form; fold in chilled egg yolk mixture. Spoon cream into each phyllo cup. Top each with grated chocolate, if desired. Serve immediately. Makes 12 servings.

Nutrition facts per serving: 243 cal., 18 g total fat (7 g sat. fat), 67 mg chol., 83 mg sodium, 20 g carbo., 1 g fiber, 3 g pro. Daily Values: 16% vit. A, 0% vit. C, 3% calcium, 4% iron.

Stuffed Chicken in Phyllo

There's a satisfying snap as you bite through the crisp phyllo to the filling.
Prep: 30 minutes Cook: 25 minutes

- 4 skinless, boneless chicken breast halves (about 1 lb. total)
- ½ of a 4½-oz. round Brie cheese, cut up
- ¼ cup chopped hazelnuts or pecans, toasted
- 1 Tbsp. snipped fresh tarragon or 1 tsp. dried tarragon, crushed
- 8 sheets frozen phyllo dough (17x12-inches), thawed according to package directions
- ⅓ cup margarine or butter, melted
- 2 Tbsp. margarine or butter
- 1 cup sliced fresh mushrooms, such as oyster, crimini, shiitake, or button
- 1 clove garlic, minced
- 1 Tbsp. all-purpose flour
- 2 tsp. snipped fresh tarragon or ¼ tsp. dried tarragon, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- ¾ cup milk
- 2 Tbsp. dry white wine or milk

Rinse chicken; pat dry. Place each breast half between 2 pieces of plastic wrap. Using the flat side of a meat mallet, pound lightly into a rectangle about ⅛ inch thick. Remove plastic wrap. Sprinkle chicken lightly with salt and pepper. Place a fourth of the

cheese 1 inch from the bottom edge of one chicken piece; top with a fourth of the nuts and the 1 tablespoon snipped tarragon. Fold in the bottom and sides of chicken; roll up jelly-roll style. Repeat with remaining cheese, chicken, nuts, and 1 tablespoon tarragon.

Unfold phyllo dough; lay one sheet of phyllo dough flat on the work surface; cover remaining sheets with a damp towel. Brush phyllo dough with some of the melted margarine or butter. Remove another sheet of dough from stack and place on top of first sheet. Brush with more melted butter. Add 2 more sheets of dough for a total of 4 sheets, brushing each sheet with butter. Cut into two 14x9-inch rectangles. Discard trimmings. Place one chicken roll at one end of each rectangle. Roll up, jelly-roll style, folding in sides (see photo, *top right*). Press ends to seal. Using a knife, make 3 diagonal cuts in the top layers of roll. Repeat with remaining phyllo, margarine or butter, and chicken roll. Place wrapped chicken, seam side down, on a rack in a shallow baking pan. Brush with any remaining melted margarine or butter. Bake in a 400° oven for 15 to 18 minutes or until crisp and golden.

Meanwhile, for sauce, in a small saucepan melt the 2 tablespoons margarine or butter. Add mushrooms and garlic. Cook and stir until tender. Stir in flour, remaining tarragon, salt, and pepper. Add ¾ cup milk all at once. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more, then stir in wine or additional milk. Serve sauce with phyllo rolls. Makes 4 servings.

Nutrition facts per serving: 558 cal., 36 g total fat (18 g sat. fat), 135 mg chol., 708 mg sodium, 26 g carbo., 1 g fiber, 31 g pro. Daily Values 26% vit. A, 2% vit. C, 10% calcium, 19% iron.

DON'T FIGHT YOUR PHYLLO

Phyllo sheets dry out and crack quickly; to extend the time before they dry, do your cooking in the cool of the morning or on a cool day and keep unused dough covered with a damp cloth.



When rolling phyllo, go slowly to avoid tearing or breaking the dough.

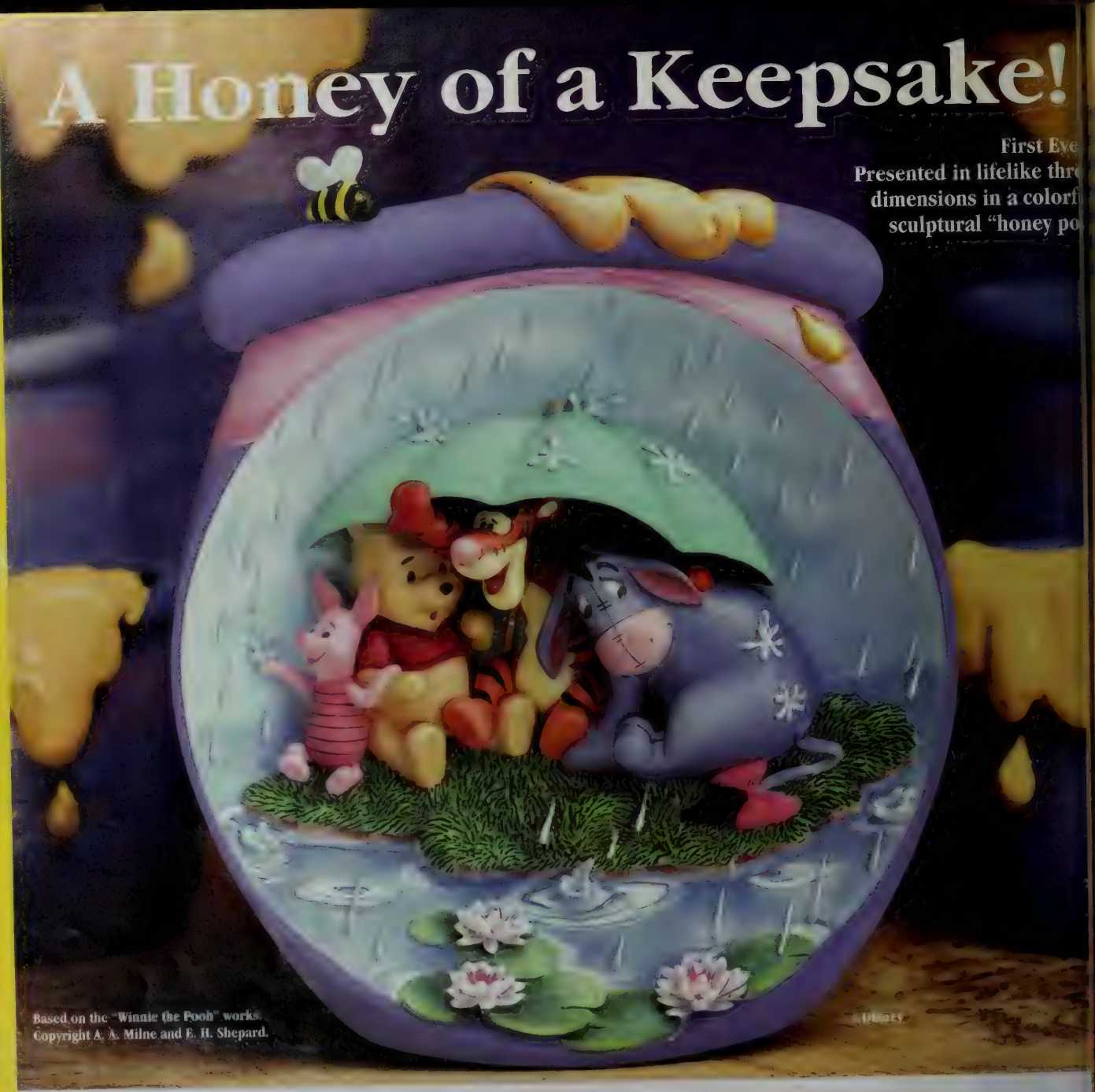


When making cups, be sure to push the phyllo all the way into the corners of the muffin tins.



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"It's Just a Small Piece of Weather"

Oh bother! A little rain can be a bit dampish when you're out for an adventure, but "just a small piece of weather" never spoiled anybody's fun—especially when you're in the company of good friends and true!

Now, if rain were honey, Pooh and his friends would be happier. But rain is rain, and all they can do is be like the water lilies and go with the flow.

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Psst...It's Pesto

Pesto is already one of the most versatile sauces in the kitchen. But taken beyond basic basil and garlic, it can be paired with a larger array of foods, such as vegetables, pizzas, even hamburgers.



Spinach, Sorrel, and Orange Pesto

Find the arrow-shaped leaves of sorrel in the salad section of your supermarket.
Start to finish: 15 minutes

- ¼ cup slivered almonds, toasted
- 1½ cups loosely packed fresh spinach leaves
- 1½ cups loosely packed fresh sorrel, arugula, or watercress leaves
- ⅓ cup olive oil
- ⅓ cup grated Parmesan or Romano cheese
- ½ tsp. finely shredded orange peel
- 3 Tbsp. orange juice
- ¼ tsp. ground red pepper
- ⅛ tsp. salt

Place almonds in a food processor bowl or blender container. Cover and process or blend the almonds until finely chopped. Add the spinach and sorrel or arugula or watercress;

continued on page 240

Funny, it doesn't look like a salad.

GOOD SEASONS® doesn't just make salads fresh... it also makes fresh ideas. Like this deliciously easy chicken recipe using GOOD SEASONS Roasted Garlic Salad Dressing Mix.

Garlicky Chicken Breasts

1 envelope GOOD SEASONS Roasted Garlic Italian Salad Dressing Mix and 1/2 cup grated Parmesan cheese.

DISTEN 4 boneless, skinless chicken halves (about 2 lbs.) in water; dip in dressing mixture. Place in shallow baking dish.

BAKE at 400°F for 20 to 25 minutes or until cooked through.

Idea for a great side dish: Stir 1 envelope GOOD SEASONS Roasted Garlic *or* Italian Salad Dressing Mix into 4 cups prepared mashed potatoes.

You make it fresh. You make it best.

Good Seasons

Psst...It's Pesto

continued from page 238

cover. With the machine running, gradually add the oil in a thin, steady stream, processing until the mixture is combined and slightly chunky. Add Parmesan or Romano cheese, orange peel, orange juice, ground red pepper, and salt. Process or blend just until combined.

To store, divide pesto into ¼-cup portions and place in airtight containers. Store in the refrigerator for up to 1 week or in the freezer for up to 3 months. To serve, bring pesto to room temperature. Makes ¾ cup.

Nutrition facts per tablespoon: 82 cal., 8 g total fat (1 g sat. fat), 2 mg chol., 80 mg sodium, 1 g carbo., 0 g fiber, 2 g pro. Daily Values: 6% vit. A, 6% vit. C, 4% calcium, 2% iron.



Spinach, Sorrel, and Orange Pe

Roasted Garlic and Red Pepper Pesto

The sweet flavor of roasted garlic and the mild bite of red peppers create a pesto that's perfect for beef or lamb.
Prep: 25 minutes Cook: 25 minutes

- 1 large bulb garlic
- 1 Tbsp. olive oil
- 2 large red sweet peppers
- ½ cup grated Asiago cheese (2 oz.) or Parmesan cheese
- ¼ tsp. freshly ground pepper
- ⅛ tsp. salt
- 2 tsp. snipped fresh thyme or ¼ tsp. dried thyme, crushed

Peel away the dry outer leaves of skin from garlic bulb. Leave skins of cloves intact. Use a knife to cut off the pointed top portion (about ¼ inch), leaving the bulb intact but exposing the individual cloves. Place garlic bulb, cut side up, in a small covered baking dish. Drizzle olive oil over garlic; cover and set aside.

Halve the sweet peppers; remove stems, membranes, and seeds. Place peppers, cut side down, on a foil-lined baking sheet. Bake the peppers and the covered garlic in a 425° oven for 20 to 25 minutes or until pepper skins are bubbly and browned and garlic cloves feel soft when pressed. Set garlic aside to cool. Place peppers in a clean brown paper bag; close and let the peppers cool. Using a sharp paring knife, carefully remove the blackened skin from the peppers. Cut peppers into pieces.

Remove garlic bulb from the oil; reserve oil. Press the garlic paste from individual cloves or use the tip of a knife to remove the soft garlic paste. In a food processor bowl or blender container combine the roasted pepper pieces, garlic paste, reserved oil, cheese, pepper, and salt. Cover and process or blend using several on-off turns until smooth, stopping to scrape down the sides as necessary. Stir in the thyme.

To store, divide pesto into ⅓-cup portions and place in airtight containers. Store in the refrigerator for up to 1 week or in the freezer for up to 3 months. To serve, bring pesto to room temperature. Makes 1 cup.

Nutrition facts per tablespoon: 28 cal., 2 g total fat (1 g sat. fat), 2 mg chol., 75 mg sodium, 2 g carbo., 0 g fiber, 2 g pro. Daily Values: 10% vit. A, 40% vit. C, 4% calcium, 1% iron. ♦

CHOOSE A USE FOR PESTO

When you crave the kick of flavor that pesto offers, use your creativity and add a spoonful or two to your food favorites. Here are a few ideas to get you started:

1. Swirl about 2 teaspoons pesto into a bowl of your favorite vegetable soup.
2. Lightly spread pesto on one side of a thinly sliced baguette or other French or Italian bread. Place bread slices on the rack of a broiler pan, spread side up, and broil 4 to 5 inches from the heat about 1 minute or until pesto is bubbly and warm.
3. Stir a little pesto into a bowl of hot cooked rice.
4. Spoon about 1 tablespoon pesto into each serving of a creamy pasta dish, such as fettuccine Alfredo.
5. Combine some pesto with equal portions of light dairy sour cream and reduced-calorie mayonnaise for a creamy vegetable dip.
6. Mix pesto into soft cream cheese for a bagel topping.
7. Spread a bit of pesto atop grilled fish, chicken, or turkey.
8. Use pesto in place of a tomato-based pizza sauce. Use about ⅓ cup pesto on top of a 12-inch pizza shell. Add toppings and cheese of your choice.
9. Stuff some pesto under the skin of a whole chicken, then roast.
10. Slather pesto on the bun of a grilled burger or chicken sandwich.

Sunday dinner dilemma?



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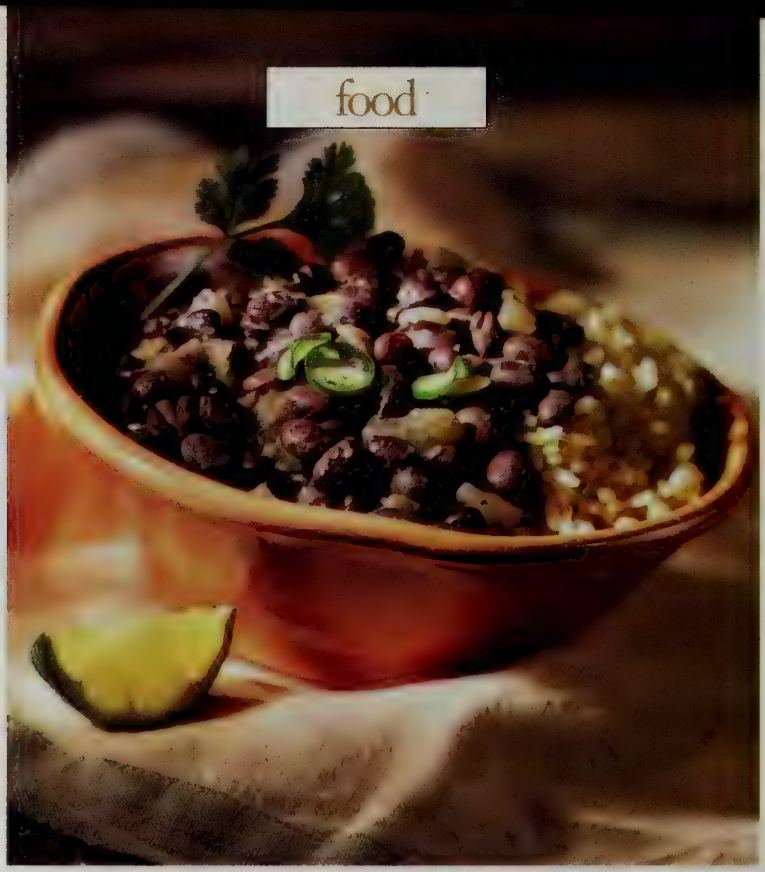


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Rice and Beans: A Dynamic Duo

One plus one equals three when two humble staples are combined to produce good luck, good nutrition, and good eating.

There's a little magic happening in kitchens around the world. Cooks everywhere are waving their spoons over pots of beans and rice to transform these two ingredients into soul-soothing home-cooked meals. In the American South, a mixture of black-eyed peas and rice called Hoppin' John is served on New Year's Day to bring good luck in the coming year. The New Orleans classic, red beans and rice, is a spicy take on this lucky combination. In Cuba, *moros y cristianos*, a blend of black beans and white rice, offers comfort and flavor. For Brazilians, a meaty black bean stew served over rice claims fame as the national dish, *feijoada*.

These combinations of rice and beans result in nutritious complementary proteins. Plant proteins (rice, beans, legumes) are deficient in one or more amino acids, but when eaten in combination their amino acids complement each other to form a complete protein. Serving grains or legumes with small amounts of animal protein further boosts protein content.

Whether you're looking for good luck, good taste, good nutrition, or perhaps all three, these providential pairs are worth a try.

Cuban-Style Black Beans and Rice

A fresh squeeze of lime over each bowlful (above) softens the impact of the jalapeño hit.
Prep: 25 minutes Cook: 1¾ hour

- 1½ cups dry black beans (about 8 oz.)
- 1 small onion, halved
- 2 bay leaves
- 2 cups chopped onions
- 1 to 2 jalapeño peppers, seeded and finely chopped
- 3 Tbsp. cooking oil or olive oil
- 4 cloves garlic, finely chopped
- 2 tsp. ground cumin
- 2 tsp. finely shredded lime peel
- ¾ tsp. salt
- ¼ tsp. pepper
- Hot cooked brown rice
- Fresh cilantro sprigs (optional)
- Lime wedges (optional)
- Jalapeño pepper slices (optional)

Rinse beans. In a large pot combine beans and 4 cups water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or, place beans in water in pot. Cover and let soak in a cool place for 6 to 8 hours or overnight.) Drain and rinse beans.

Return beans to pan. Add the halved onion, bay leaves, and 4 cups water. Bring to boiling; reduce heat. Cover and simmer for 1¼ to 1½ hours or until beans are tender.

continued on page 244

GRILLED SALMON

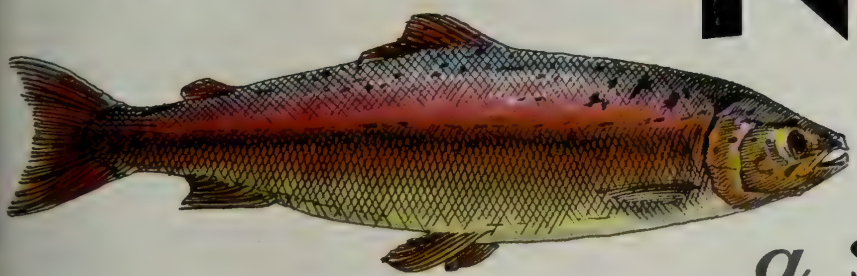
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Dynamic Duo

continued from page 242

Remove and discard the onion and bay leaves. Remove about ½ cup of the beans; mash them and return to bean mixture in pot.

In a large skillet cook chopped onions and jalapeño in hot oil over medium heat about 8 minutes or until the onions are tender. Add garlic, cumin, lime peel, salt, and pepper; cook and stir for 1 to 2 minutes more.

Stir the onion mixture into bean mixture. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 10 minutes or until soup thickens slightly.

Serve beans with hot cooked rice. Garnish with cilantro; serve with jalapeño pepper slices and lime wedges, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 451 cal., 12 g total fat (2 g sat. fat), 0 mg chol., 408 mg sodium, 70 g carbo., 4 g fiber, and 18 g pro. Daily Value: 0% vit. A, 19% vit. C, 8% calcium, and 40% iron.

Red Beans and Rice

Prepare bean mixture ahead of time and keep warm while the rice cooks.
Prep: 20 minutes Soak: 1 hour
Cook: 2¾ hours

- 1 cup dry red beans
- 1 lb. meaty smoked pork hocks
- 1 cup chopped carrots
- 1 cup sliced celery
- ½ cup chopped onion
- 2 cloves garlic, minced
- 2 bay leaves
- 1½ tsp. snipped fresh thyme or ½ teaspoon dried thyme, crushed
- 1 tsp. bottled hot pepper sauce
- 1 large green sweet pepper, chopped (1 cup)
- 4 oz. cooked smoked sausage, sliced
- 3 cups hot cooked rice
- Bottled hot pepper sauce (optional)



The spicy goodness of Red Beans and Rice has kept it popular for generations.

Rinse and drain beans. In a large pot combine beans and 4 cups water. Bring to boiling; reduce heat. Cook for 2 minutes. Remove from heat. Cover; let stand for 1 hour.

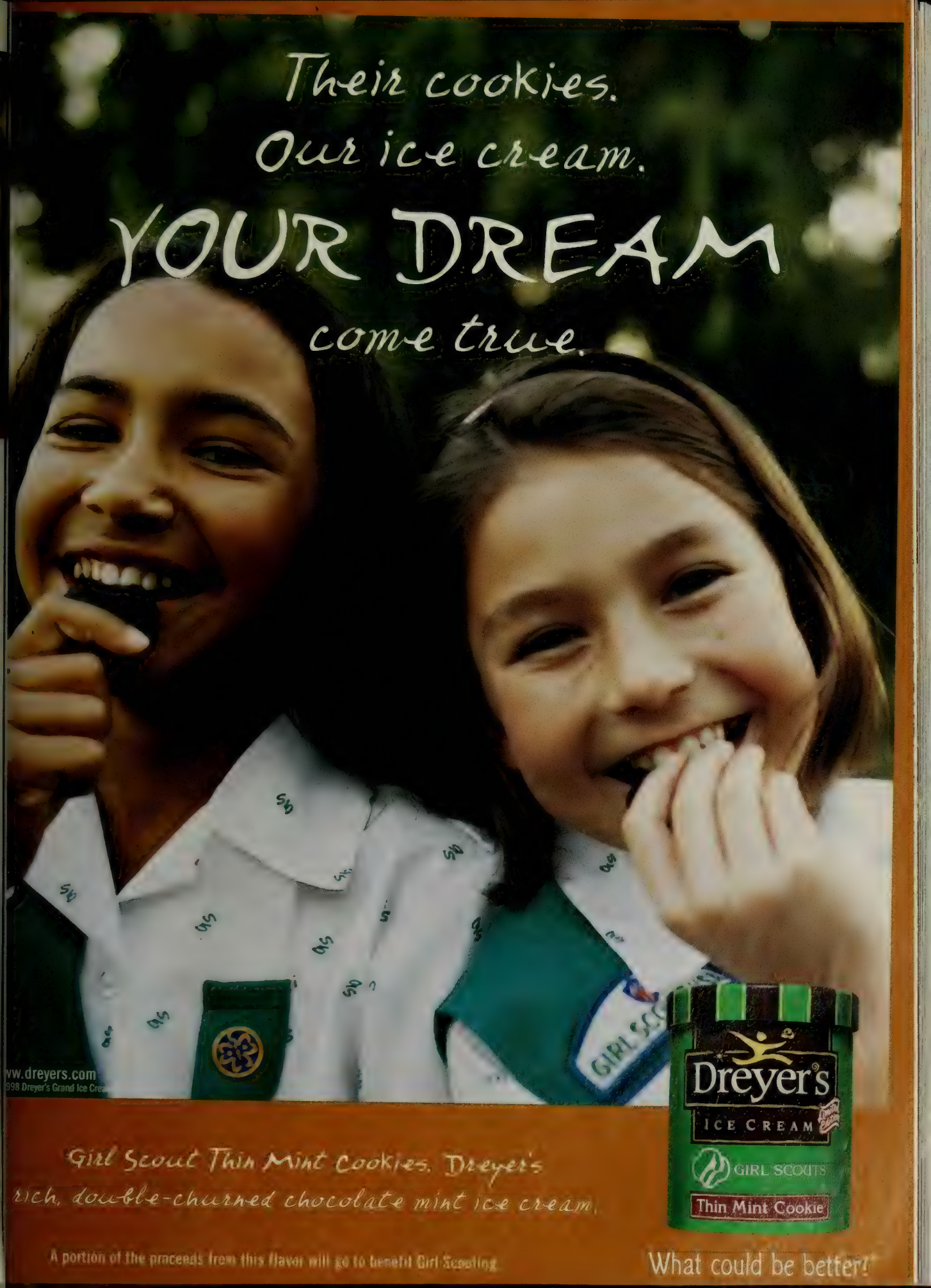
(Or, place beans in water in pot. Cover and let soak in a cool place for 6 to 8 hours or overnight.) Drain beans and rinse.

In the same pan combine beans, 3 cups water, pork hocks, carrots, celery, onion, garlic, bay leaves, thyme, and the 1 teaspoon hot pepper sauce. Bring to boiling; reduce heat.

Cover and simmer about 2 hours or until beans are tender, adding the green pepper the last 30 minutes of cooking and stirring occasionally.

Remove and discard bay leaves. Remove pork hocks. When pork hocks are cool enough to handle, remove meat from the bones. Cut meat into bite-size pieces. Discard bones. Return meat to bean mixture; add sausage. Cook, uncovered, for about 10 minutes or until desired consistency. Serve over rice. Pass bottled hot pepper sauce, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: 310 cal., 8 g total fat (3 g sat. fat), 25 mg chol., 502 mg sodium, 44 g carbo., 3 g fiber, and 16 g pro. Daily Value: 54% vit. A, 35% vit. C, 5% calcium, and 26% iron.



Girl Scout Thin Mint Cookies. Dreyer's rich, double-churned chocolate mint ice cream.

A portion of the proceeds from this flavor will go to benefit Girl Scouting.

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Two $400 winners, Two $200 winners, Ten $50 honor rolls

November 1998 Categories

Sensational Stuffings and Dressings: If you've got a secret ingredient or two that make your holiday dressing or stuffing spectacular, now's the time to strut your stuff. We're looking for new flavor combinations to gobble up.

Pies Aplenty: Scrumptious but simple. Make your pie stunning, too, and you'll get bonus points. Remember, 'tis the season to be festive, so dazzle the judges with a show-stopper that's easy to duplicate without a team of elves.

This Month's Winners—Pages 249 and 250

$400 Winners: Colleen Gardner, Plano, Texas; Lorette Lambert, Cedar Crest, N.M.

$200 Winners: Joy L. Borden, Mission Viejo, Calif.; Helena Schaefer, Lafayette, La.

$50 Honor Roll Winners: Pam Agar, Aurora, Colo.; Barbara Coleman, Key Largo, Fla.; Julie DeMatteo, Clementon, N.J.; Michelle Draveski, Houston, Texas; Kate Greene, Herbster, Wis.; Barbara T. Grow, Virginia Beach, Va.; Joanne W. Horn, Yanceyville, N.C.; Kelly M. King, Independence, Iowa; Debbie Essary Morse, Pflugerville, Texas; Staci K. Roos, San Francisco, Calif.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Sensational Stuffings and Dressings" or "Pies Aplenty." Specify brands and recipe origin. 3. Address recipes to 9811 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. 4. Entries must be postmarked by April 24, 1998, and received by April 30, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2% reduced-fat milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY



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LICKETY-SPLIT CRISPY CHICKEN

4 (4-ounce) boneless, skinless chicken breast halves
1/2 cup EGG BEATERS® Healthy Real Egg Substitute
1/2 cup seasoned dry bread crumbs
1 1/2 teaspoons vegetable oil
Lemon slices, for garnish

1. Pound chicken breasts to flatten slightly.
2. Dip chicken into EGG BEATERS; coat with bread crumbs.
3. Cook chicken in oil in nonstick skillet over medium-high heat for 3 to 5 minutes on each side until browned and cooked through.

Makes 4 servings. Nutrition Information per serving: 218 calories, 5 g total fat, 1 g saturated fat, 70 mg cholesterol, 239 mg sodium.



WHEN THE RECIPE CALLS FOR EGGS

PRIZE TESTED RECIPES®

see page 246 for details

$200 WINNER

Helena Schaefer, Lafayette, La., in the Breads That Are Quick Category.
April 1998



Island-Style Banana Bread

A nibble is all it takes to wow your taste buds with this tropical teaser.

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1½ tsp. ground cinnamon
- ½ cup butter, softened
- ¾ cup packed brown sugar
- 2 slightly beaten eggs
- 1 tsp. vanilla
- 1 cup mashed ripe banana (about 3 bananas)
- ½ cup chopped pecans
- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel)
- 1 egg
- ½ cup coconut

Preheat oven to 350°. Grease bottom and ½ inch up sides of two 7½x3½x2-inch loaf pans; set aside. Combine flour, baking powder, baking soda, salt, and cinnamon; set aside. In a large bowl beat butter with an electric mixer on high speed for 30 seconds. Add ½ cup of the brown sugar, the 2 eggs, and vanilla; beat until combined. Add dry mixture and mashed banana alternately to beaten mixture, beating on low speed after each addition until combined. Stir in pecans. In a medium bowl beat cream cheese, remaining egg, and remaining ¼ cup brown sugar on medium speed until almost smooth. Stir in coconut.

Pour one-fourth of the banana batter into each loaf pan. Spoon one-fourth of the cream cheese mixture over each loaf. Using a spatula, cut through the batter to marble. Repeat the two layers as above, but do not marble. Bake about 50 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire rack for 10 minutes. Remove loaves from pans. Cool completely. Makes 2 loaves (20 slices).

Nutrition facts per slice: 191 cal., 11 g total fat (5 g sat. fat), 53 mg chol., 180 mg sodium, 21 g carbo., 1 g fiber, 4 g pro. Daily Values: 9% vit. A, 2% vit. C, 3% calcium, 7% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 246 for details

$200 WINNER

Joy L. Borden, Mission Viejo, Calif., in the Using Your Noodle Category.
April 1998



Quick Pepperoni Pasta

This savory pasta that tastes like pizza is sure to become a mealtime favorite.

- 6 oz. spaghetti, broken in half
- 3 cups sliced mushrooms (8 oz.)
- ⅔ cup cubed pepperoni (3 oz.)
- 1 Tbsp. margarine or butter
- 6 cups lightly packed torn fresh spinach
- ¼ cup grated Parmesan cheese
- 2 Tbsp. snipped fresh basil
- 1 tsp. lemon juice
- Breadsticks (optional)

Prepare pasta according to package directions. Meanwhile, in a 12-inch skillet cook the mushrooms and pepperoni in margarine or butter over medium heat for 5 minutes or until mushrooms are just tender. Drain fat. Stir in spinach. Cook and stir for 1 minute or until spinach begins to wilt. Remove from heat.

Drain cooked pasta. In a large bowl combine pasta, pepperoni mixture, 3 tablespoons of the Parmesan cheese, basil, and lemon juice. Toss to combine. Sprinkle with remaining Parmesan cheese. Serve with breadsticks, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 344 cal., 14 g total fat (5 g sat. fat), 32 mg chol., 604 mg sodium, 39 g carbo., 2 g fiber, 15 g pro. Daily Values: 35% vit. A, 9% vit. C, 29% iron.



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PRIZE TESTED RE

see page 246 for details

$400

WINNER

Colleen Gardner; Plano, Texas, in the Using Your Noodle Category.
April 1998



Asparagus Spring Rolls

Be a creative spin doctor and roll up these fresh and fun lasagna appetizers.

- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel)
- 2 Tbsp. snipped chives
- 2 Tbsp. milk
- 1 to 2 Tbsp. snipped fresh dill
- 1 clove garlic, minced
- 1 Tbsp. lemon juice
- ½ tsp. freshly ground pepper
- 1 Tbsp. olive oil
- ¼ tsp. salt
- 8 dried lasagna noodles
- 24 asparagus spears
- 6 oz. thinly sliced smoked salmon
- 8 long fresh chives

In a small mixing bowl combine cream cheese, snipped chives, milk, dill, garlic, lemon juice, and pepper; set aside. In a large pot bring 3 quarts *water* and the olive oil to boiling; add salt and lasagna noodles. Cook noodles for 10 to 12 minutes or until pasta is nearly tender. Meanwhile, snap off and discard woody bases of asparagus. If necessary, trim asparagus to 5-inch lengths. Add asparagus to pasta; cook 3 minutes more. Drain; rinse with cold water. Drain again and pat pasta dry with paper towels.

Spread about 2 tablespoons of the cream cheese mixture evenly over each lasagna noodle. Divide salmon evenly among the noodles, placing a single layer of salmon on each noodle. Place 3 asparagus spears on one end of each noodle, letting the tips extend beyond the edge. Roll up each noodle. Tie with a fresh chive. Stand spring rolls upright to serve, if desired. Makes 8 side-dish servings.

Nutrition facts per serving: 196 cal., 10 g total fat (5 g sat. fat), 27 mg chol., 350 mg sodium, 17 g carbo., 1 g fiber, and 10 g pro. Daily Values: 13% vit. A, 14% vit. C, 3% calcium, and 8% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*.

PRIZE TESTED RECIPES

see page 246 for details

$400

WINNER

Lorette Lambert, Cedar Crest, N.M., in the Breads That Are Quick Category.
April 1998



Peppery Cheese Bread

Spicy mustard, plenty of pepper, and melted cheese create luscious contrasts in this loaf.

- 2½ cups all-purpose flour
- 1 Tbsp. sugar
- 1½ to 2 tsp. cracked black pepper
- 1 tsp. baking powder
- ¾ tsp. salt
- ½ tsp. baking soda
- 2 beaten eggs
- 1 8-oz. carton plain low-fat yogurt
- ½ cup cooking oil
- ¼ cup milk
- 1 Tbsp. spicy brown mustard
- 1 cup shredded cheddar cheese (4 oz.)
- ¼ cup thinly sliced green onion

Preheat oven to 350°. Grease the bottom and ½ inch up the sides of an 8x4x2-inch loaf pan; set aside. In a large bowl stir together flour, sugar, pepper, baking powder, salt, and soda. Make a well in center of dry mixture; set aside.

In a medium bowl combine eggs, yogurt, oil, milk, and mustard. Add to dry mixture along with cheese and green onion. Stir just until moistened. Pour batter into prepared pan and spread evenly. Bake for 45 to 50 minutes or until a wooden toothpick inserted near center comes out clean. Cool on a wire rack for 10 minutes. Remove bread from pan. Cool for 1 hour on wire rack; serve warm. Makes 1 loaf (16 servings).

Nutrition facts per slice: 179 cal., 10 g total fat (3 g sat. fat), 35 mg chol., 239 mg sodium, 16 g carbo., 1 g fiber, and 5 g pro. Daily Values: 4% vit. A, 1% vit. C, 9% calcium, and 7% iron.

Photographs: Scott Little

Campbell's®

GREAT TASTE IN NO TIME



Try this fast family pleaser from Campbell's® and Minute® Rice.



15 Minute Chicken & Rice Dinner

- 1 tbsp. oil
- 4 small boneless skinless chicken breast halves (about 1 lb.)
- 1 1/2 cups water*
- 1 can (10 3/4 oz.) Campbell's® Condensed Cream of Chicken Soup
- 1/4 tsp. *each* paprika and pepper
- 1 1/2 cups Minute® Original Rice, uncooked
- 2 cups fresh *or* thawed frozen broccoli flowerets

1. Heat oil in large nonstick skillet on medium-high heat. Add chicken; cover. Cook 4 min. on each side or until cooked through. Remove chicken from skillet.
2. Add water, soup and seasonings; stir. Bring to a boil.
3. Stir in rice and broccoli. Top with chicken; cover. Cook on low heat 5 min. Serves 4.

*For creamier rice, increase water to 1 2/3 cups.
NOTE: Thicker, larger chicken breast halves may require additional cooking time.

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continued from page B2

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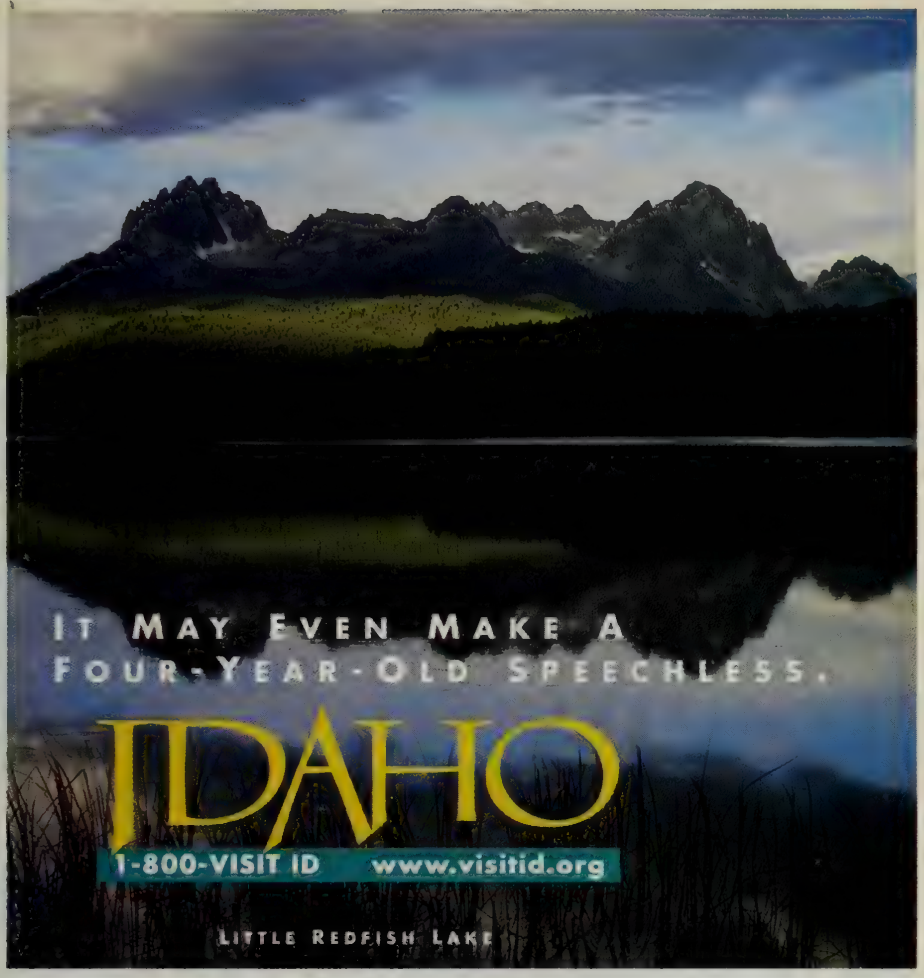
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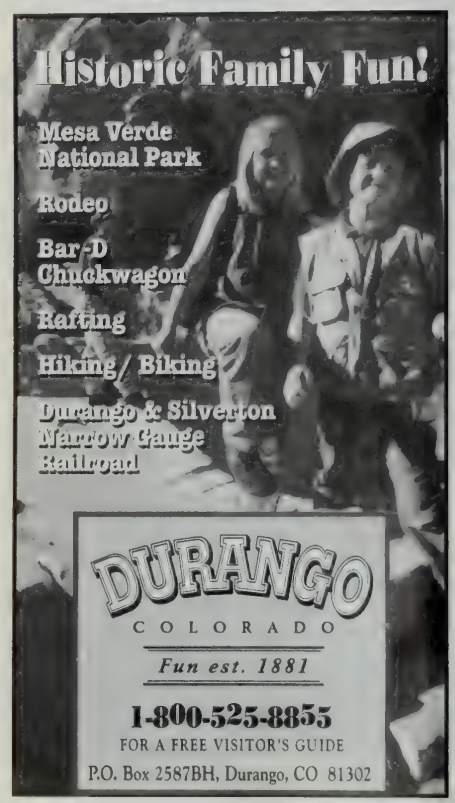


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A Breath of Fresh Air



by Steven Mumford

Examine a shaft of light in your home and it probably will reveal a less-than-wholesome swirl of pollen, dust, pet hair, or other tiny airborne particles.

Although this pollution invasion can't be stopped, it can usually be slowed to tolerable levels.

For those who want and need cleaner air, filters may provide the prime weapon in the fight against indoor pollution. Choose a filter based on what you want scrubbed from the air, what kind of air-handling system you have, and how much you can afford. Here are some of the choices.

Common furnace filters: Available for as little as $1 apiece at the supermarket or hardware store, these are nothing more than a small batt of fiberglass, or similar material, framed by cardboard. Easily slipped into place in the ducting of a forced-air system, these crude devices trap only the largest particles of dirt blowing into your home. The filters, when heavily loaded with dust and debris, will sometimes plug the airway. Most furnace manufacturers recommend replacing the filters each month.

Pleated fiberglass filters: A simple step toward cleaner indoor air is to replace common furnace filters with filters of fiberglass mesh stamped into rigid pleats. For between $4 and $10, these offer up to four times greater cleaning capability than bargain-bin filters. They slip into the same slot as ordinary furnace filters and are available at home centers.

Electrostatic filters: Instead of fiberglass, these filters contain layers of fabric that effectively trap particles through a buildup of static electricity. They are also sometimes called electret air filters. At a cost of $25 to $100, they can stop as much as 95 percent of pollens (which are smaller than most dust particles). For maximum performance, filters must be washed every month to clean away the buildup of dirt and pollen.

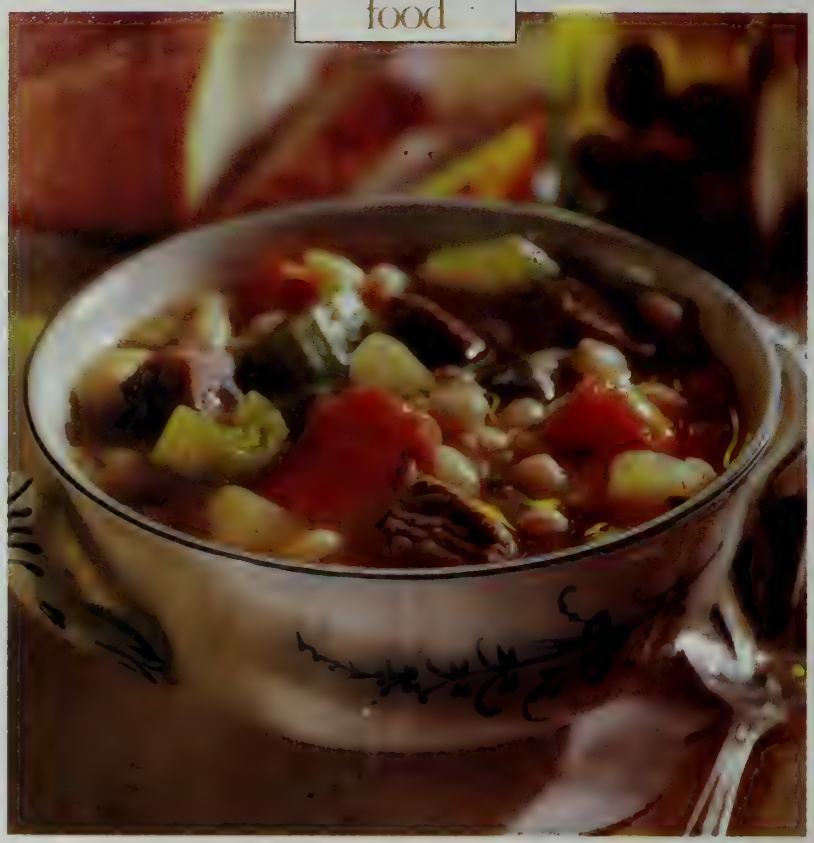
Electronic air cleaners: Many homeowners with heightened sensitivity to mold, dust, and pollen allergens invest $400 to $1,000 for a whole-house electronic system. Cleaners draw in air, give particles a positive electric charge, and then attract them to a negatively charged collecting plate. As with the electrostatic filters, the system's collection surfaces must be regularly cleaned. A drawback of most electronic air cleaners is the by-produc ozone, which in high dose can be harmful to people Buyers should make sur the unit they buy is couple to a carbon filter, which wil catalyze ozone into earth friendly oxygen.

High-efficiency particulat arresters (HEPAs): Fo individuals with sever allergies or sensitivities HEPA filters are wortl investigating. Develope by the Atomic Energ Commission during World War I to sift out radioactive dust, HEPA use fibrous pleats to snare miniscul particles. Whole-house models cos hundreds of dollars and often requir the addition of special venting t your air-handling system. A mor affordable way to get super-clean ai is by using stand-alone HEPA model in the rooms where you spend th most time. These cost between $15 and $300; filter changes are require about every 18 months.

Other choices: Also available are wide range of medium-efficiency fil ters, activated-carbon filters, an tabletop air filters. There's also small interest in negative-ion gene ators, which have received positiv reviews from some people who sa they feel refreshed in an atmosphe of charged electrons.

For guidance in the expandin market of air filters, locate distribu tors through the Air Cleaning an Purifying Equipment section of th Yellow Pages. A variety of filters a also available from home centers.


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Cassoulet Enchanté!

by David Feder

Simple French country cooking isn't just about sauces and cream. In fact, one of the best dishes France has to offer is the cassoulet (ka-soo-LAY), a slow-cooked stew of white beans, meat, and chunky root vegetables. Simmering allows the ingredients to steep together in an enchanting marriage of flavors. When served with warm, crusty bread and a carafe of your favorite wine, the result is an absolutely sublime meal in any country.

French Country Cassoulet

Prep: 20 minutes Stand: 1 hour Slow cook: 2 hours

- 1 lb. dry navy, great northern, or cannellini beans
- 8 cups water
- 1½ lb. lamb stew meat, cut into 1-inch cubes
- 1 large onion, cut into chunks
- 6 cloves garlic, minced
- 1 Tbsp. olive oil or cooking oil
- 4 cups reduced-sodium chicken broth or regular beef broth
- 2 cups dry white wine
- 3 bay leaves
- 4 medium carrots, peeled and cut into 1-inch pieces (about 2 cups)
- 6 oz. celery root, peeled and cut into ½-inch pieces
- 2 stalks celery, cut into 1-inch pieces (about 1 cup)
- 1½ tsp. dried rosemary, crushed
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper

Rinse and sort beans, removing any pebbles or other foreign objects. In a 4-quart pot combine beans and water. Bring to boiling; reduce heat. Simmer 2 minutes. Remove from heat. Cover and let stand for 1 hour.

Drain soaked beans; rinse in a colander. In the same pot brown meat cubes, half at a time, with the onion and garlic in hot olive or cooking oil. Drain off fat. Add drained beans, broth, wine, and bay leaves to meat. Bring to boiling; reduce heat and simmer, covered, for 1 hour, stirring occasionally.

Remove bay leaves. Stir in carrots, celery root, celery, rosemary, salt, and pepper. Return to boiling; reduce heat. Simmer, covered, 30 minutes more or till beans are nearly tender. Uncover and boil gently about 30 minutes more or till beans are tender and liquid has thickened, stirring occasionally. Makes 6 main-dish servings.

Nutrition facts per serving: 402 cal., 9 g total fat (3 g sat. fat), 50 mg chol., 552 mg sodium, 43 g carbo., 6 g fiber, and 28 g pro. Daily Values: 86% vit. A, 10% vit. C, 12% calcium, and 35% iron.



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Wallpaper Over Paneling

Don't let old paneling darken your spirits. Disguise the wall and brighten your room with a little caulk, liner paper, and textured or patterned wallpaper.

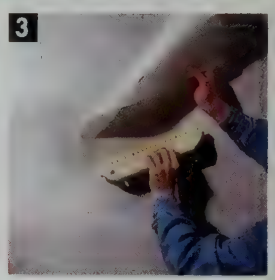
by Catherine Kramer











Perk up a dark and dowdy paneled wall with a fresh wallpaper cover-up. Thick liner paper is the key to successful coverage, as is the wallpaper selection. Look for textured papers and pronounced patterns, and avoid shiny surfaces.

Clean paneling with equal parts of ammonia and water to remove wax, oil, or grease. Dry wood as you clean to prevent warping. Lightly sand the walls to roughen up the slick surface, then wipe them with a tack rag.

If the grooves in your paneling are ¼ inch deep or more, hide them by filling them with caulk. (See photo 1, *above.*)

Wipe away the overflow of caulk by running a putty knife along the groove (photo 2). Also remove caulk that seeps onto the paneling.

Once caulk is dry, prime walls with a stain-blocking latex primer. Let dry completely. Check for areas where the primer did not adhere. Sand and prime those areas again.

Coat walls with an acrylic-emulsion sizing, or one recommended by the liner manufacturer. Sizing creates a rough surface to help the liner adhere.

A heavy-duty wallpaper liner, available where wallpaper is sold, is the secret to the project's success. After the sizing cures, hang the liner horizontally (photo 3). This ensures that the seams of the liner and the decorative wallpaper won't align. If the manufacturer of your liner gives slightly different instructions, follow their directions.

Finally, hang decorative wallpaper vertically over liner. If needed, use the recommended adhesive for that paper.


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design

Wicker Wonders



KING AU

It's as comfortable as an old shoe and at home with almost any furniture style. That's why wicker is showing up throughout the house.

Woven from reeds or the thin, flexible branches of willow, wicker adds texture and contrast to soft fabrics and smooth woods. Prized for its strength and ability to retain natural moisture, well-made wicker furniture should give you years of use. Here's how to evaluate it:

- Lean heavily on a piece of wicker to test its strength; it may creak a bit but shouldn't sag or shift.
- Check the underside for clues to construction. High-quality wicker will be woven on a frame that's at least one inch thick, and will have corners that are tightly wrapped.
- Feel the finish. It should be smooth to the touch, with no snags, rough edges, or hairy fibers.
- Check the tightness of the weave. You may pay extra for tightly and evenly woven wicker furniture, but it will repay you with durability.

Also, investigate alternatives to conventional wicker. Water hyacinth has a thicker texture and costs more. Woven resin or latex-coated wicker won't crack or break when exposed to the elements, but you sacrifice some of wicker's natural beauty.

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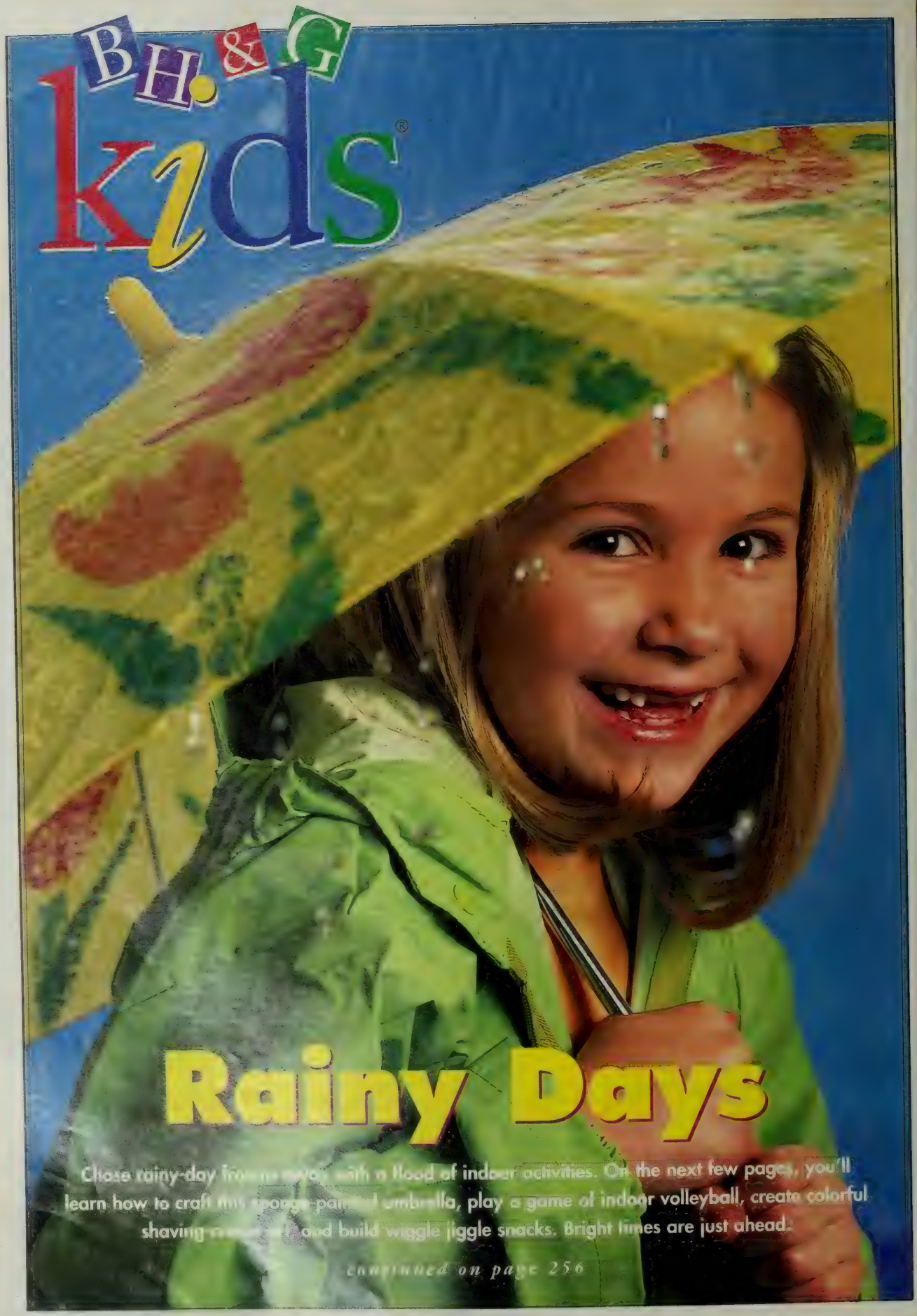
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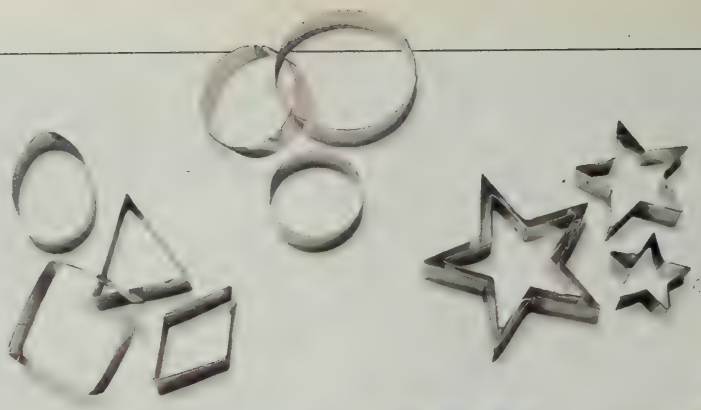




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continued from page 254

Wiggle Jiggles



Cut these wiggly treats into different shapes and build crazy gelatin monuments suitable for destruction by a sweet-toothed rain-forest dinosaur who just happens to look a lot like you. To order the cookie cutters, see page 55.

WHAT YOU NEED:

- 1½ cups water
- Three 3-ounce envelopes unflavored gelatin
- Nonstick spray coating
- One 6-ounce can frozen apple, cranberry, orange, tangerine, or white grape juice concentrate
- Liquid food coloring (optional)

• Pour the water into a medium saucepan. Sprinkle the gelatin over the water. Let stand 1 minute.

• With adult help, bring the mixture to boiling, stirring constantly until gelatin dissolves. Remove from heat.

• Stir in frozen juice concentrate. Stir until concentrate is melted. If deeper color is desired, stir in food coloring.

Pour mixture into a foil-lined 8x8x2-inch baking pan. Cover and chill till firm.

• Uncover and turn the pan upside down onto a piece of foil sprayed with nonstick coating. Use cookie cutters or a table knife to cut the gelatin into shapes. Create towers of gelatin—if you're in a building mood—or eat them now.

Makes about 36 (1½-inch) gelatin pieces.

continued on page 258




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Ingredients

½ cup butter
1 cup granulated sugar
2 teaspoons baking powder
½ teaspoon ground nutmeg (optional)
1 egg
2 tablespoons milk
½ teaspoon vanilla
2¼ cups all-purpose flour
1 can creamy white frosting (tinted to desired colors)
1 bag Smucker's Jellybeans

1 Preheat oven to 375°. Put butter in the mixing bowl. Beat with the electric mixer on medium speed about 30 seconds or until butter is softened. Add the sugar, baking powder, nutmeg (optional). Beat on medium speed until combined.

2 Add the egg, milk, and vanilla. Beat on medium speed until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour. (If the dough is soft, wrap it in plastic wrap and chill about 1 hour.)

3 Divide dough in half. On a lightly floured surface, use a rolling pin to roll out a portion of dough to about 1/4-inch thickness. Cut into desired shapes with cookie cutters or knife, rerolling dough as necessary. If dough begins to soften, put it in the refrigerator to chill. Transfer cookies to ungreased cookie sheet, leaving about 2 inches between cookies.

4 Put cookie sheet in oven. Bake for 8 to 10 minutes or until the cookie edges are light brown.

5 Remove cookie sheet from oven. Repeat with remaining dough. Turn off oven.

6 When cookies are cool, use the table knife to spread the frosting on cookie. Decorate cookies with Smucker's Jellybeans. Let cookies stand about 5 minutes or until frosting is slightly dry.

7 Enjoy.

Smucker's is a registered trademark of the J.M. Smucker Company.



B H & G kids

continued from page 256



April Showers Bring Flowers

You'll look forward to rainy days after decorating your umbrella with colorful sponge-painted designs.



WHAT YOU NEED:

- Sponges; scissors
- Green, red, orange, and purple dimensional fabric paint pens
- Felt-tip marker
- Umbrella
- Newspaper

1. Draw stem, leaf, and simple tulip, daffodil, and daisy shapes onto sponges using felt-tip marker. Cut out the sponge shapes (as shown *above*).

2. Cover your work area with newspapers to protect surfaces.

3. Squeeze green paint onto the stem sponge piece. Spread the paint evenly across the pattern piece using a scrap of sponge.

4. Open the umbrella. Hold the stem-shaped sponge piece by its sides and press it on the fabric. Hold your other hand underneath the umbrella to add pressure.

5. Use the same method to apply green paint to the leaf pattern and apply to umbrella.

6. Repeat using orange paint for tulips, red for daffodils, and purple for daisies. Or, create your own color combinations. Let dry.



FAMILY ROOM VOLLEYBALL

Brighten gray days with a rousing game of indoor volleyball. Place a long strip of masking tape or yarn across the floor for the net. Using a large balloon as the volleyball, players can bat it from one side of the net to the other, scoring in the usual way. Or, make it a cooperative game by seeing how many times you can hit the balloon back and forth without it touching the floor. Award extra points for moving the balloon with heads, knees, or feet.



continued on page 260

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continued from page 258







Foamtastic Fantasy

Don't let rainy days get you down. Let a little bit of shaving cream and food coloring turn you into anything from a green gnome to a gnarly foam dome.

WHAT YOU NEED:

- Shaving cream
- Liquid food coloring in various shades
- Muffin tin or other small plastic containers

Turn bodies into canvases by applying some homemade "paint"—shaving cream tinted with a couple drops of liquid food coloring. Create an entire palette of the soft stuff by scooping different colors into muffin tins or small plastic containers.

Bathtub walls also become murals with these creamy concoctions. And because the cream rinses easily off of skin and tubs, cleanup becomes a snap. (The crisp, clean smell this paint leaves behind is a real bonus.)

Parents: Use food coloring sparingly to avoid staining skin. Test a dab of the cream by applying it to the inside of the arm.

Also, remind your budding artist to keep the cream away from eyes and mouth—then sit back and watch masterful disguises come to life.



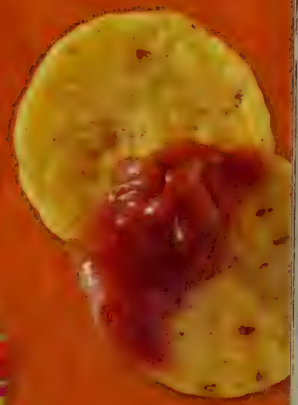


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Home Improvement Contest

OFFICIAL ENTRY RULES:

1 This contest is open to U.S. residents, 18 years of age or older, except employees and their immediate families of Meredith Corporation, co-sponsors and Home Furnishings Council, and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 2, 1998 and received by December 1, 1998. Final entry form must be postmarked by February 1, 1999 and received by March 1, 1999. Final entry must include photos of project, written description of objectives, receipts for co-sponsor prizes and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected or illegible entries.

2 You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 1998.

3 Entries will be judged on appearance, function and cost-effective use of materials. In case of a tie, the entry with the highest score or appearance will be awarded the prize. Judging will be under the direction of Better Homes and Gardens® magazine. Co-sponsor awards are also judged by representatives of the co-sponsor. Decisions of judges are final. All winners except for co-sponsor awards will be chosen on or about June 1, 1999. Co-sponsor winners will be selected by August 1999. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within ten days of notification or a new winner may be chosen. Travel companion of Grand Prize winner will be required to sign a release.

4 **PRIZES:** One Grand Prize includes $10,000, plus an all-inclusive, 7-Day Vacation for Two at the Radisson Cable Beach Resort, Nassau, Bahamas and coach airfare from nearest major U.S. airport (some restrictions may apply), 7 nights lodging, all meals/beverages, on-site activities. Accommodations subject to advance notice, space availability and blackout dates. Trip must be taken within one year from date of awarding. Approximate retail value $4,500. Two Runners-up will receive $4,000 each. Eight Class A/Four First Place winners will receive $1,500 each; Eight Class B/Four Second Place winners $750 each; Eight Class C/Four Third Place winners $300 each; 72 Merit winners will receive $100 each.

5 For a list of prize winners (available after August 1, 1999), send a separate self-addressed, stamped envelope to Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest Winners' List, P.O. Box 14494, Des Moines, Iowa 50306-3494.

6 Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright in all entry material, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his/her family and property by Meredith Corporation and co-sponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication in any other magazine.

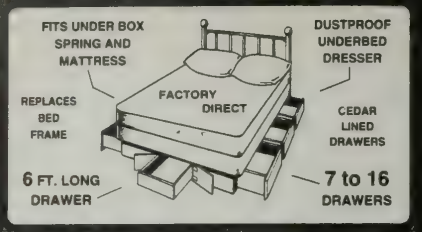
7 Contest is subject to all federal, state and local laws and regulations. All liability for federal, state and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law.

8 Residents of AZ, MD, ND and VT are not eligible to win the co-sponsor and Home Furnishings Council Awards. No prize transfer or substitution.

9 "Why My Home is My Haven" Contest Rules. Only eligible entrants to the Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest may enter. Type or legibly print a 50-100 word essay describing "Why My Home is My Haven." Place in a separate envelope labeled, "Why My Home is My Haven Contest," and include with Home Improvement Contest entry. The essay submitted must be original and cannot have been previously published. Entries will be judged on originality and clarity of expression. Judging will be under the direction of the Home Furnishings Council. Material will become the property of the Home Furnishings Council. By acceptance of prize, winner agrees that all rights, including copyright, are assigned to Home Furnishings Council. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his family and property by HFC, without additional compensation.

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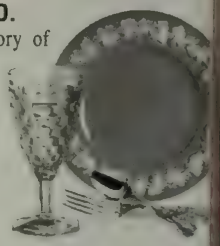
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New Poetry Contest—$48,000.00 in Prize

The National Library of Poetry to award 250 total prizes to amateur poets in coming months

Owings Mills, Maryland – The National Library of Poetry has just announced that $48,000.00 in prizes will be awarded over the next 12 months in the brand new North American Open Amateur Poetry Contest. The contest is open to everyone and entry is free.

"We're especially looking for poems from new or unpublished poets," indicated Howard Ely, spokesperson for The National Library of Poetry. "We have a ten year history of awarding large prizes to talented poets who have never before won any type of writing competition."

How To Enter

Anyone may enter the competition simply by sending in ***ONLY ONE*** original poem, any subject, any style, to:

The National Library of Poetry
Suite 6874
1 Poetry Plaza
Owings Mills, MD 21117-6282

Or enter online at **www.poetry.com**

The poem should be no more than 20 lines, and the poet's name and address must appear on the top of the page. "All poets who enter will receive a response concerning their artistry usually within seven weeks," indicated Mr. Ely.



Carolyn Johnson of California, pictured above, is the latest Grand Prize Winner in The National Library of Poetry's North American Open Amateur Poetry Contest. As the big winner, she was awarded $1,000.00 in cash.

Possible Publication

Many submitted poems will also be considered for inclusion in one of The National Library of Poetry's forthcoming hardbound anthologies. Previous anthologies published by the organization have included *On the Threshold of a Dream*, *Days of Future's Past*, *Of Diamonds and Rust*, and *Moments More to Go*, among others.

"Our anthologies routinely sell out because they are truly enjoyable reading, and they are also a sought-after sourcebook for poetic talent," added Mr. Ely.

Enter online at **www.poetry.com**

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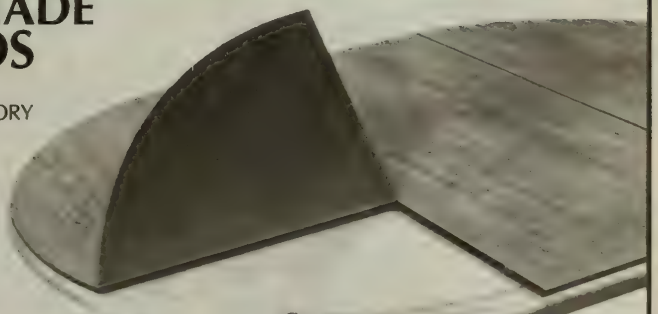
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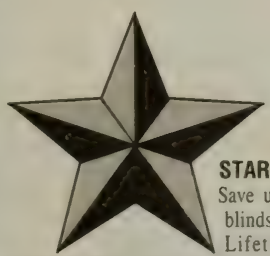
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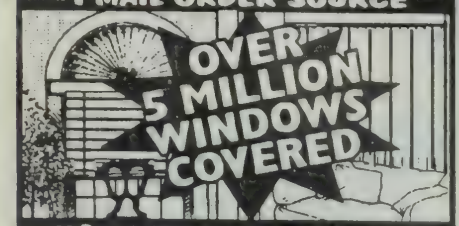
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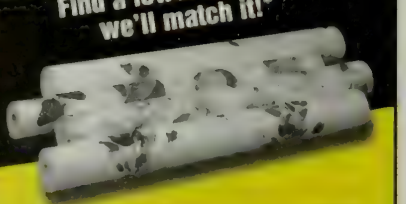
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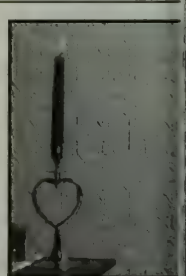
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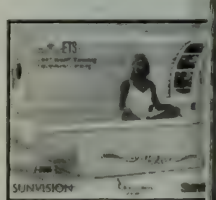
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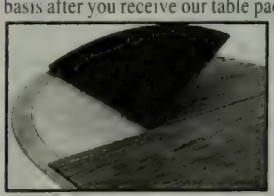
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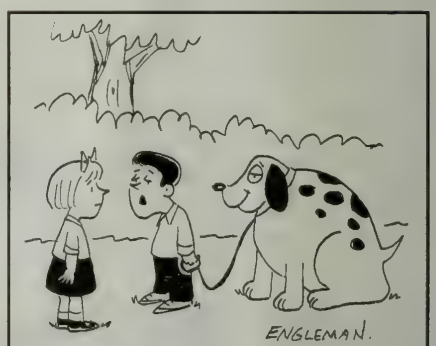
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"Tax returns are due in mid-April," writes editor Earl Reeves, "because that's when spring flowers are beginning to be so colorful that the Internal Revenue Service hopes you won't really care about having to pay them."

Congressman Nick Hanfli has learned that political life is most often a series of compromises. "What you want," he says, "is not usually what you deserve, which is almost always not what you get."

Aunt Opal wonders why all the radio traffic reporters refer to the morning and evening "rush hour" when those are the times that most vehicles barely move at all.

Banker Helen Newsome says the move toward paying bills electronically means the old excuse, "the check is in the mail," has been replaced by the new excuse, "my computer is down."

Judge Sterling Iverson respects the legal profession but sees some room for improvement. He says: "Too often these days clients are presumed innocent only until they run out of money."

Christine is taking a night class in watercolor painting and says she looks forward to the days when she'll give the kids her artwork to hang on their refrigerator doors.

A new downtown restaurant is so trendy with the city's power brokers that people go there at lunch just to see who's there rather than what's on the menu.

The quickest way to check up on the efficiency of a cleaning service is to hide small change around the house and later count up how much money was discovered.

Burton Hillis

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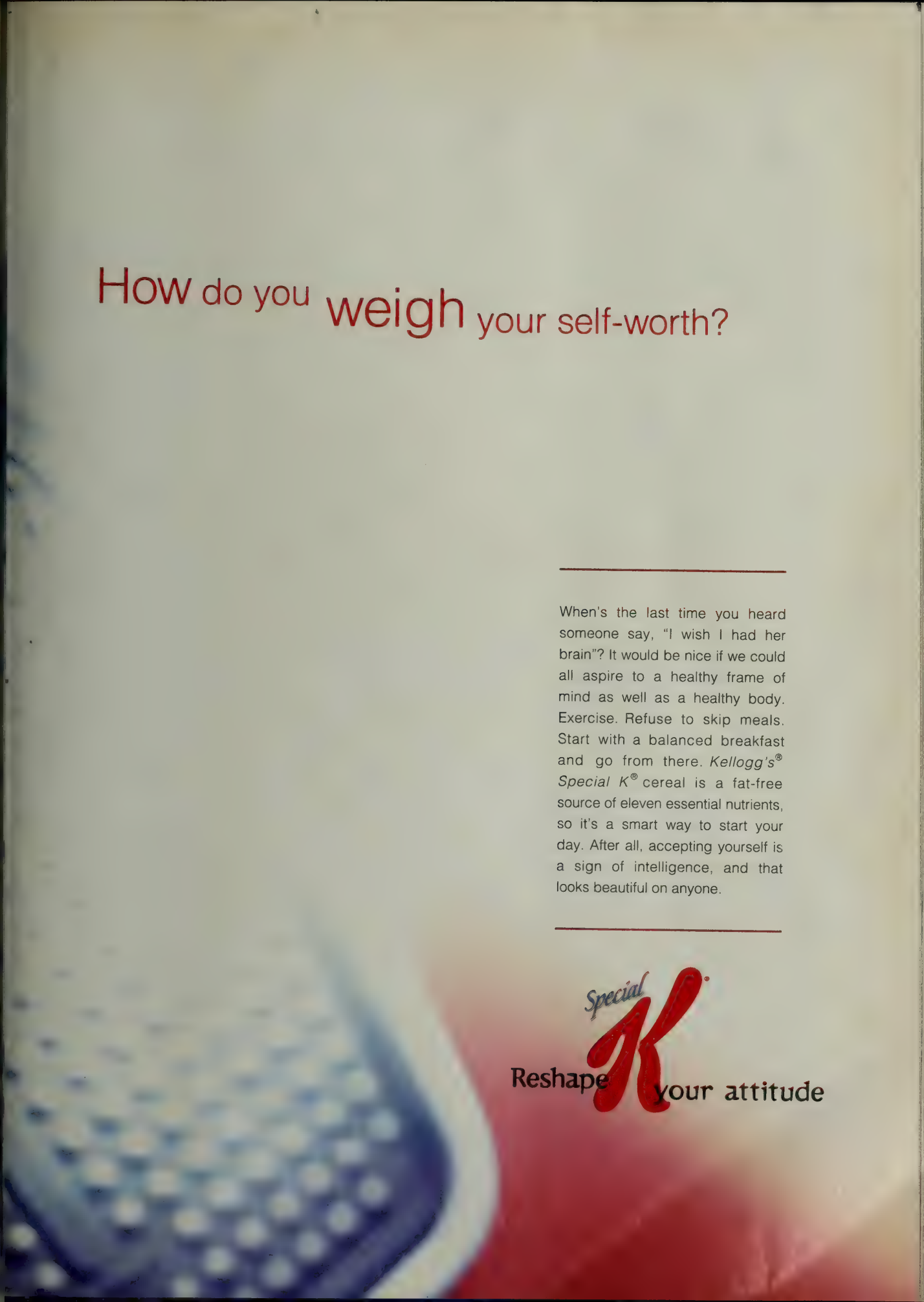
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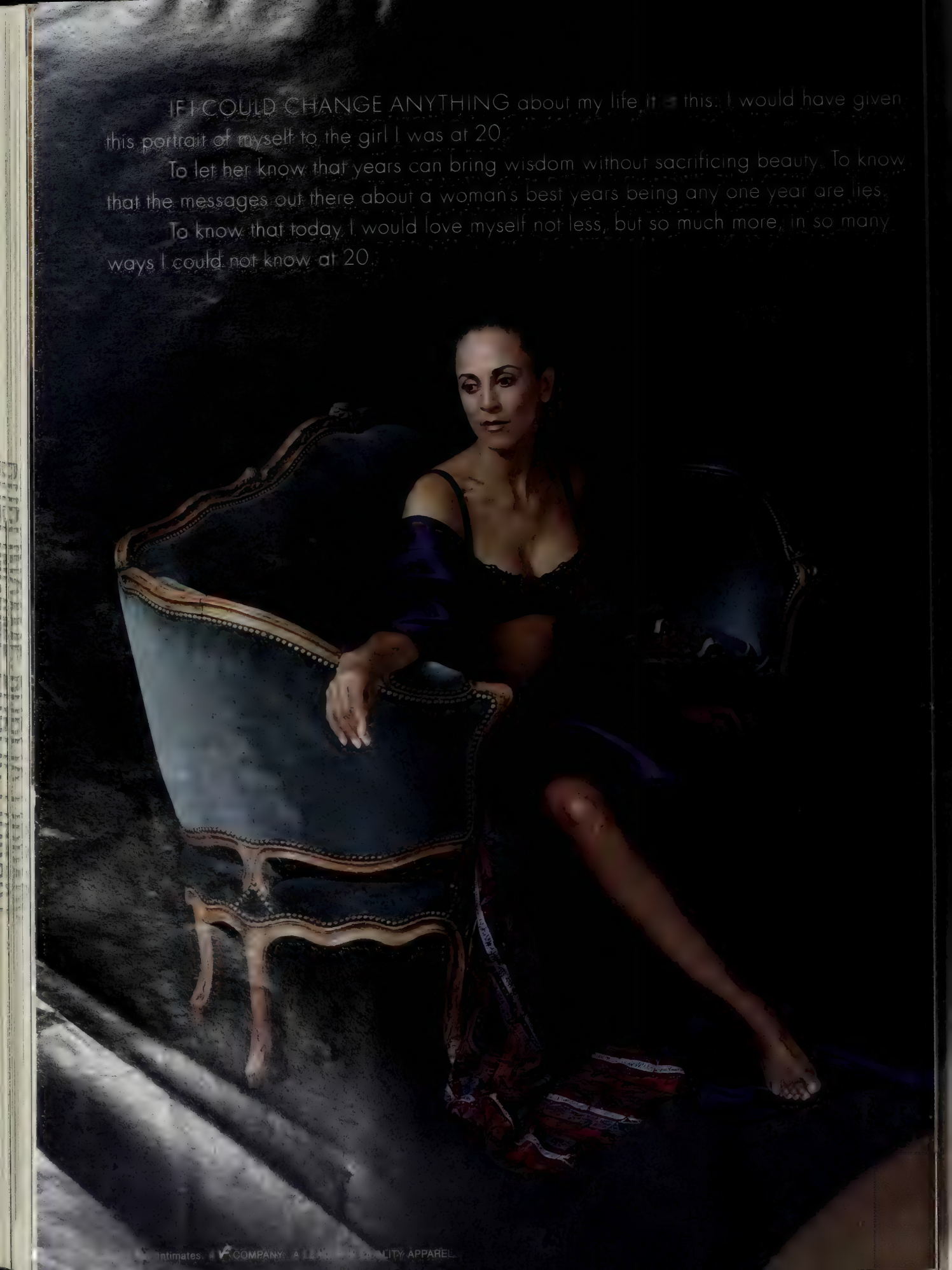
When's the last time you heard someone say, "I wish I had her brain"? It would be nice if we could all aspire to a healthy frame of mind as well as a healthy body. Exercise. Refuse to skip meals. Start with a balanced breakfast and go from there. *Kellogg's®* *Special K®* cereal is a fat-free source of eleven essential nutrients, so it's a smart way to start your day. After all, accepting yourself is a sign of intelligence, and that looks beautiful on anyone.



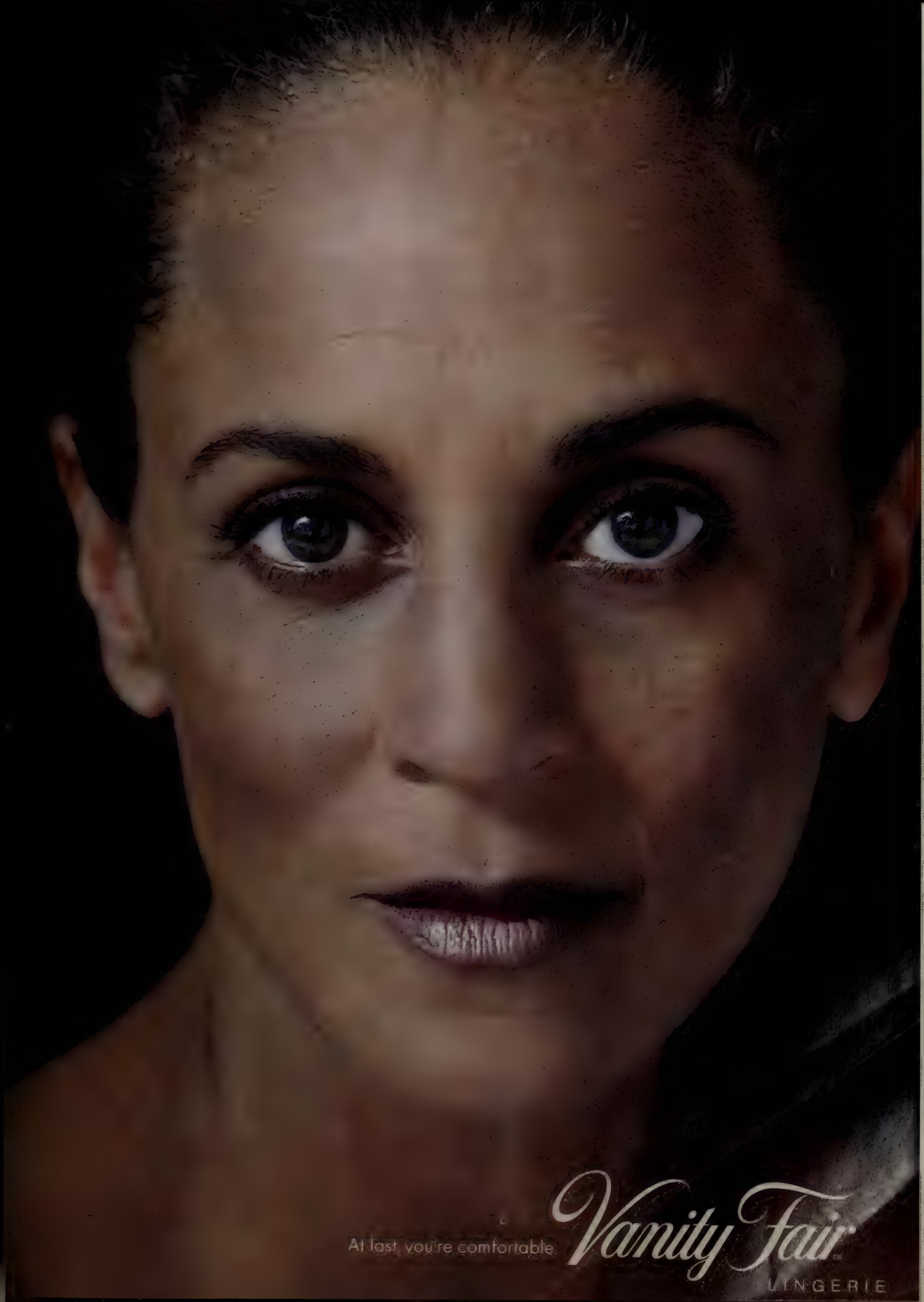
IF I COULD CHANGE ANYTHING about my life it is this. I would have given this portrait of myself to the girl I was at 20.

To let her know that years can bring wisdom without sacrificing beauty. To know that the messages out there about a woman's best years being any one year are lies.

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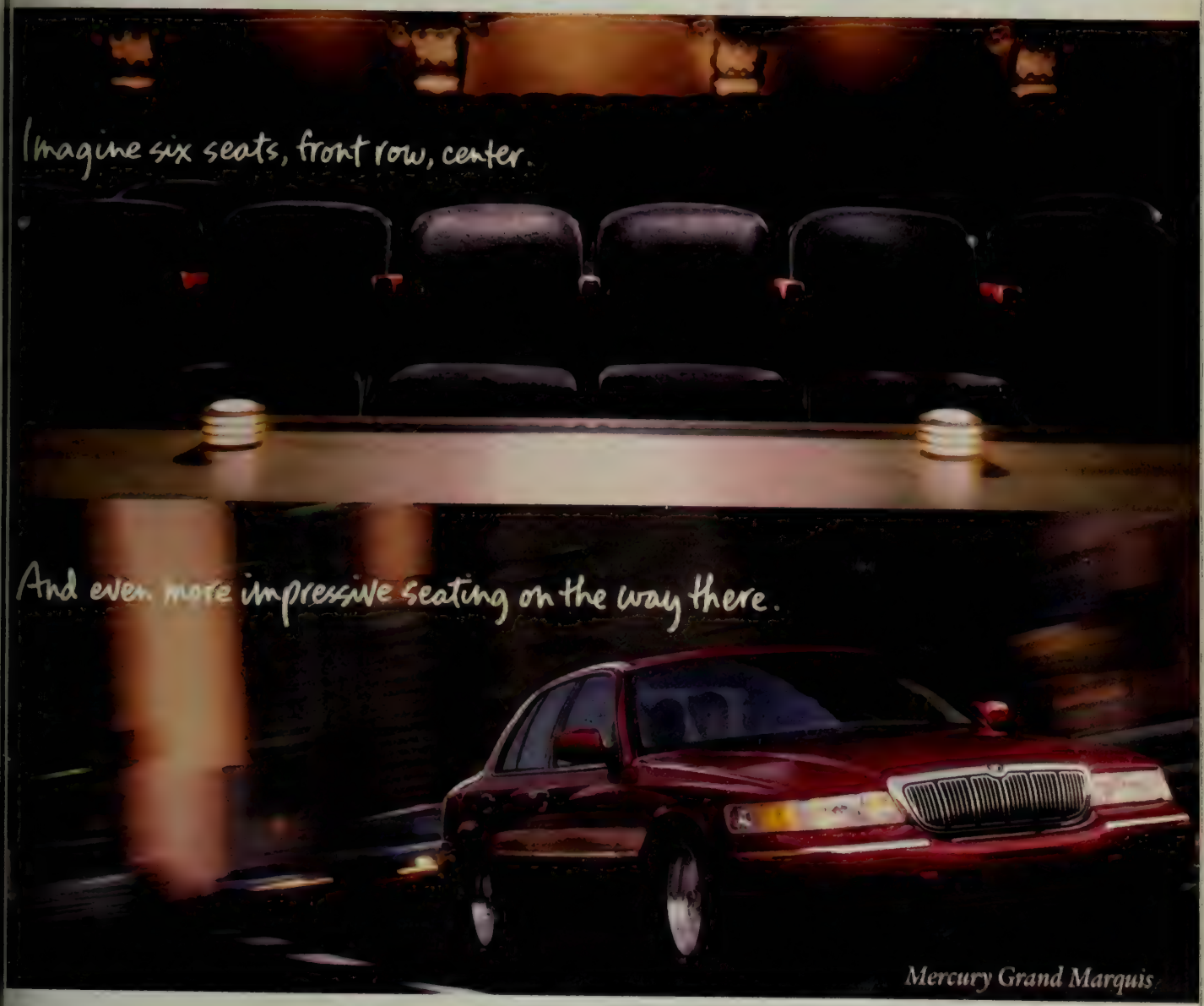
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The most common side effects with ZYBAN include dry mouth and difficulty sleeping. Although uncommon, there is a risk of seizure associated with ZYBAN. (See "Important Warning" section in Information for the Patient on following page.) So it is important to talk to your health care professional to see whether ZYBAN is right for you. You should not take ZYBAN if you have a seizure disorder; are already taking WELLBUTRIN®, WELLBUTRIN SR®, or any other medicines that contain bupropion HCl; have or have had an eating disorder; or are currently taking or have recently taken a monoamine oxidase (MAO) inhibitor. It is important to let your health care professional know about any other prescription or over-the-counter medications you are taking. ZYBAN is not recommended for women who are pregnant or breast-feeding.

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Please consult Information for the Patient on the following page.

Information for the Patient

ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets

Please read this information before you start taking ZYBAN. Also read this leaflet each time you renew your prescription, in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss ZYBAN as part of your plan to stop smoking. Your doctor has prescribed ZYBAN for your use only. Do not let anyone else use your ZYBAN.

IMPORTANT WARNING:

There is a chance that approximately 1 out of every 1,000 people taking bupropion hydrochloride, the active ingredient in ZYBAN, will have a seizure. The chance of this happening increases if you:

- have a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of ZYBAN; or
- take other medicines with the same active ingredient that is in ZYBAN, such as WELLBUTRIN® (bupropion hydrochloride) Tablets and WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets. (Both of these medicines are used to treat depression.)

You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take ZYBAN. You should also discuss with your doctor whether ZYBAN is right for you.

1. What is ZYBAN?

ZYBAN is a prescription medicine to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least 1 month while taking ZYBAN and participating in a patient support program. For many patients, ZYBAN reduces withdrawal symptoms and the urge to smoke. ZYBAN should be used with a patient support program. It is important to participate in the behavioral program, counseling, or other support program your health care professional recommends.

2. Who should not take ZYBAN?

You should not take ZYBAN if you:

- have a seizure disorder (for example, epilepsy).
- are already taking WELLBUTRIN, WELLBUTRIN SR, or any other medicines that contain bupropion hydrochloride.
- have or have had an eating disorder (for example, bulimia or anorexia nervosa).
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI).
- are allergic to bupropion.

3. Are there special concerns for women?

ZYBAN is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking ZYBAN.

4. How should I take ZYBAN?

- You should take ZYBAN as directed by your doctor. The usual recommended dosing is to take one 150-mg tablet in the morning for the first 3 days. On the fourth day, begin taking one 150-mg tablet in the morning and one 150-mg tablet in the early evening. Doses should be taken at least 8 hours apart.
- **Never take an "extra" dose of ZYBAN.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow ZYBAN Tablets whole. Do not chew, divide, or crush tablets.

5. How long should I take ZYBAN?

Most people should take ZYBAN for 7 to 12 weeks. Follow your doctor's instructions.

6. When should I stop smoking?

It takes about 1 week for ZYBAN™ (bupropion hydrochloride) Sustained-Release Tablets to reach the right levels in your body to be effective. So, to maximize your chance of quitting, you should not stop smoking until you have been taking ZYBAN for 1 week. You should set a date to stop smoking during the second week you're taking ZYBAN.

7. Can I smoke while taking ZYBAN?

It is not physically dangerous to smoke and use ZYBAN at the same time. However, continuing to smoke after the date you set to stop smoking will seriously reduce your chance of breaking your smoking habit.

8. Can ZYBAN be used at the same time as nicotine patches?

Yes, ZYBAN and nicotine patches can be used at the same time but should only be used together under the supervision of your doctor. Using ZYBAN and nicotine patches together may raise your blood pressure. Your doctor will probably want to check your blood pressure regularly to make sure that it stays within acceptable levels.

DO NOT SMOKE AT ANY TIME if you are using a nicotine patch or any other nicotine product along with ZYBAN. It is possible to get too much nicotine and have serious side effects.

9. What are possible side effects of ZYBAN?

Like all medicines, ZYBAN may cause side effects.

- The most common side effects include dry mouth and difficulty sleeping. These side effects are generally mild and often disappear after a few weeks. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking ZYBAN during clinical studies were shakiness and skin rash.
- Contact your doctor or health care professional if you have a rash or other troublesome side effects.
- Use caution before driving a car or operating complex, hazardous machinery until you know if ZYBAN affects your ability to perform these tasks.

10. Can I drink alcohol while I am taking ZYBAN?

It is best to not drink alcohol at all or to drink very little while taking ZYBAN. If you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking ZYBAN.

11. Will ZYBAN affect other medicines I am taking?

ZYBAN may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore you should make sure that your doctor knows about all medicines—prescription or over-the-counter—you are taking or plan to take.

12. Do ZYBAN Tablets have a characteristic odor?

ZYBAN Tablets may have a characteristic odor. If present, this odor is normal.

13. How should I store ZYBAN?

- Store ZYBAN at room temperature, out of direct sunlight.
- Keep ZYBAN in a tightly closed container.
- Keep ZYBAN out of the reach of children.

This summary provides important information about ZYBAN. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either ZYBAN or smoking cessation, talk to your doctor or other health care professional.

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Research Triangle Park, NC 27709

U.S. Patent Nos. 5,427,798 and 5,358,970

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between friends



ANDY LYONS

Every gardener is a beginner...at something! At least that's what Mark Kane, our Executive Garden Editor, claims. And he should know. According to Mark, the same green-thumber who has already graduated summa cum laude as a shade gardener may still be a kindergartner in rose growing or garden design. I'd have to admit I'm a prime example.

For five years I've gardened enthusiastically on my wooded property doing horticultural combat with deer. And each year I discover, painfully and at no small expense, just what those bamboozling Bambis love to eat. I really do host the white-tail salad bar in my neighborhood. So every year, I begin again—with new plant varieties and new, humane deer-repellent solutions.

Just as I'm continuously learning to garden, I also am striving to improve my photography. To me, the two are a perfect fit. Beautiful gardens make beautiful photos. And if you feel the same way, here's an opportunity to show off both your planting and picture-taking skills. Any photo-snapping home gardener will want to enter the 1998 American Home and Botanical Garden Photo Contest, sponsored by Fox Photo, Inc., and presented in cooperation with *Better Homes and Gardens*® magazine and the American Association of Botanical Gardens and Arboreta. Just call 800/366-3655 or visit our Internet site at *www.bhglive.com* for contest details. And don't worry if you're a beginner. Truth is—we all are.

Jean LemMon

Jean LemMon, *Editor in Chief*

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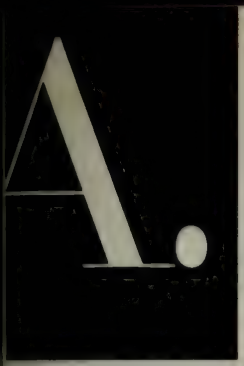
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Nature Diary Is Family Project

My family was always asking questions about nature, such as "Aren't the fireflies late this summer?" or "Isn't the lake frozen over earlier than usual?" So I bought a five-year diary to record daily events from the outdoors. Everyone enjoys referring to it to remember when the first robin appeared or the first snow fell during a particular year. My children have become much more observant.

Diana Carolyn Ice
Burlingham, N.Y.

Simplify Wedding Dinner: Use Color-Coded Place Cards

Since we were offering guests a choice of entrées at my daughter's wedding reception, we color-coded the place cards at each table. The servers could tell at a glance which dinner to serve each person. The reception flowed very efficiently.

Helen Sorokes
Olean, N.Y.

Pre-Recital Calms Nerves, Pleases Neighbors

To help our daughter feel more confident for her first piano recital, we staged a rehearsal performance for our elderly neighbors. The group was attentive, encouraging, and so happy to be with friends. I honestly can say it benefited the audience as much as the performer.

Laurel Page Bowen
Toluca Lake, Calif.

The Miracle of Touch

My adolescent daughter was always acting inappropriately and had distanced herself from all of the family. I read that grumpy attitudes like hers can be the result of poor self-esteem and that a possible solution is human contact. So, many times a day, I would hug her, hold her hand when talking to her, and even just tap her shoulder as she walked by. I also made it a point to compliment her regularly. She became more positive, affectionate, and interested in family activities again.

Robin Kates
Hollis, N.H.

Play "Get-Well Hotel" With Sick Kids

When my 7-year-old daughter had an illness requiring several weeks bed rest, we began to play "hotel" to help her avoid boredom. After her morning bath, she'd check into her room with a small suitcase filled with pajamas, robe, and coloring book. She ordered meals and snacks from a menu and paid with play money.

Joanne Cepero
Merrick, N.Y.

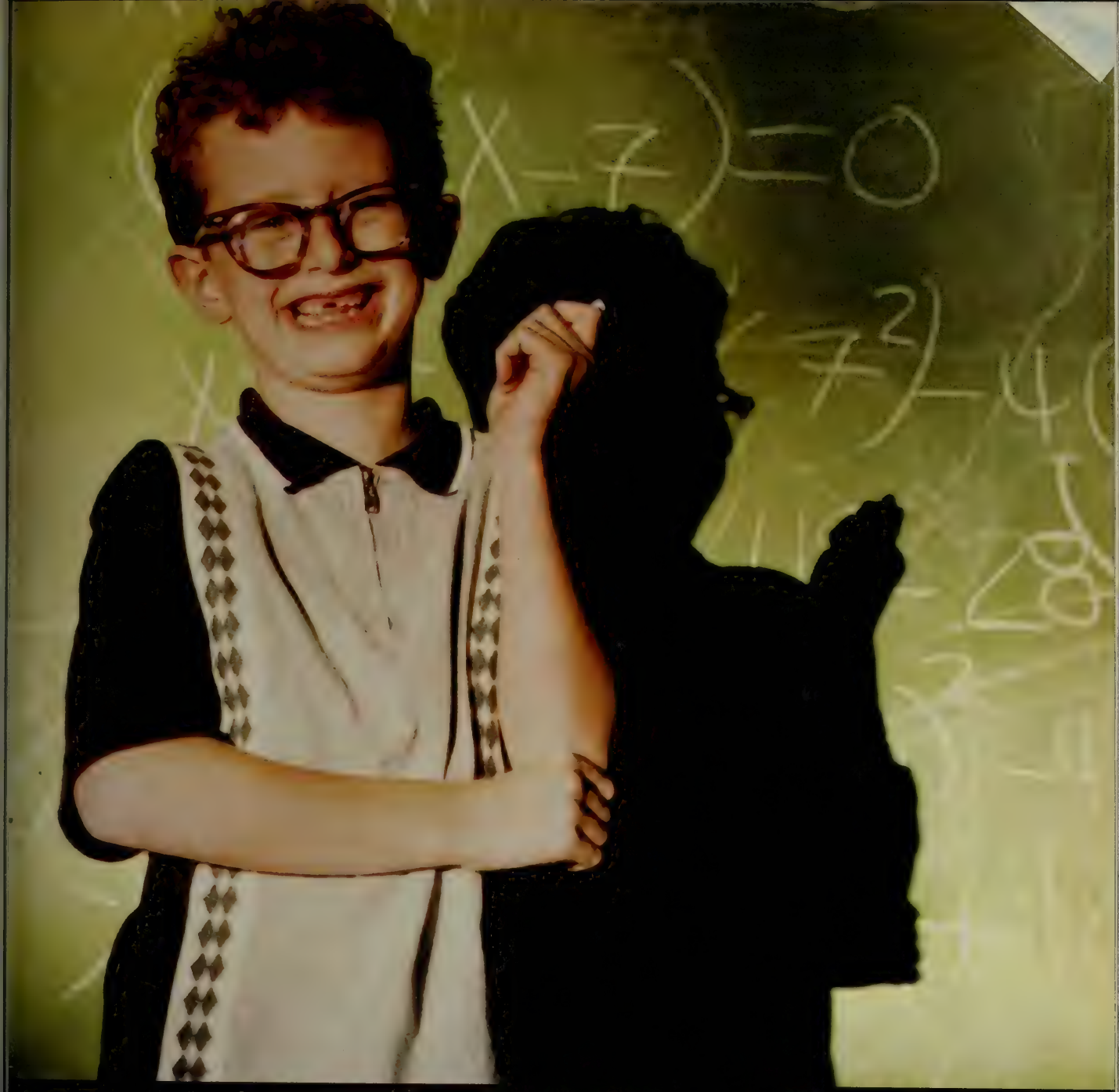
Recycle Children's Works of Art

From our accumulation of children's artwork, I choose my favorites each year to create custom calendars—one for Grandma and Grandpa and one for us. Using the computer, I print the calendar pages. Then the artwork and calendar pages are laminated and spiral-bound by a local office-supply store.

Linda Hitch
Aliso Viejo, Calif.

Write to Us

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®* Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



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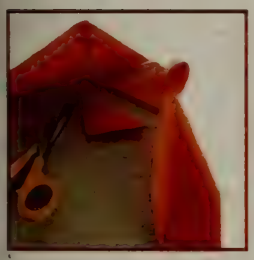

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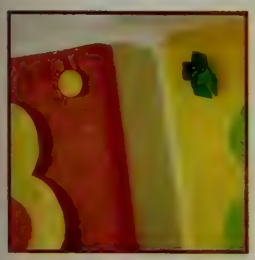
Walls with Imagination

Wipe away those nothing-to-do blues. Display boards and drawing areas give kids' rooms big style while encouraging little ones to be creative. But don't stop there—even adult spaces will benefit from these great-looking, hardworking hangings.









To miter the corners, fold the felt corner point in toward the board. Staple it in place along the edges of the board, then trim away the point (*top*). Fold down the "ears" that remain and staple them in place to finish the miter (*middle*). Hot-glue buttons and bows to the corners of each felt board to cover the anchors that attach the board to the wall (*bottom*).

Heartfelt Play

Cheery felt-covered boards hung at toddler-height (*above*) sport oversized letters, numbers, and shapes. The fun felt cutouts beg little ones to put together a word or two. There's nothing magical here. Friction holds the shapes to the board, just like it did in kindergarten class.

Begin with three 24×36-inch pieces of homasote board (available at home improvement stores). Then cut three 30×42-inch pieces of felt, using different colors for variety. Center the board on the felt. Wrap the felt to the back and staple at the center of each side. Make sure the felt is even and tight. Continue stapling, working to within 6 inches of the corners. Miter the corners as instructed in the caption (*left*). Fasten the boards to the wall with wall anchors. Cut letters, numbers, and shapes from contrasting felt using stencils or computer-generated figures for patterns.

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Draw on Creativity

It's a childhood dream come true—draw on the walls *with* mom's permission. Create this easy-clean border, or make a wall-size canvas for kids who do art in a big way. The key is to use a paint that is guaranteed washable with just a soft cloth and mild household cleaner.

Using a hard-lead pencil, level, and yardstick, mark a 12-inch-wide border at a comfortable height for your child. Tape off the border with painter's tape. Paint the border with two or more coats of the washable paint following the manufacturer's instructions. Make sure to let the paint cure at least two days before drawing on it or the markings will not erase. Remove the tape.

Cut strips of molding to fit the wall width, then paint the molding. The top of the painted border is edged with ¾-inch-wide triple-bead molding. Nail in place. The bottom of the border is edged with a ledge made from cove, crown, and fluted moldings. Assemble the ledge as instructed in the caption (*below*). Fill nail holes, and touch up the paint.

Kids' original artworks made with water-based markers can be cleaned with baby wipes.

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To assemble a ledge (*right*), use ¾-inch-wide cove molding, 3-inch-wide fluted molding, and 2-inch-wide crown molding. Nail the cove to the wall along the border's bottom edge. Nail the fluted molding to the cove molding. To install the crown, put wood glue along its upper edge. Hold piece in place and nail through pre-drilled pilot holes in the crown so nails go through the cove molding and into the wall.

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Picture-frame molding that is pre-routed to hold glass can also hold corkboards. You simply set the cork in the lip of the molding pieces instead of adhering it to the walls, so your surfaces are saved from major damage.

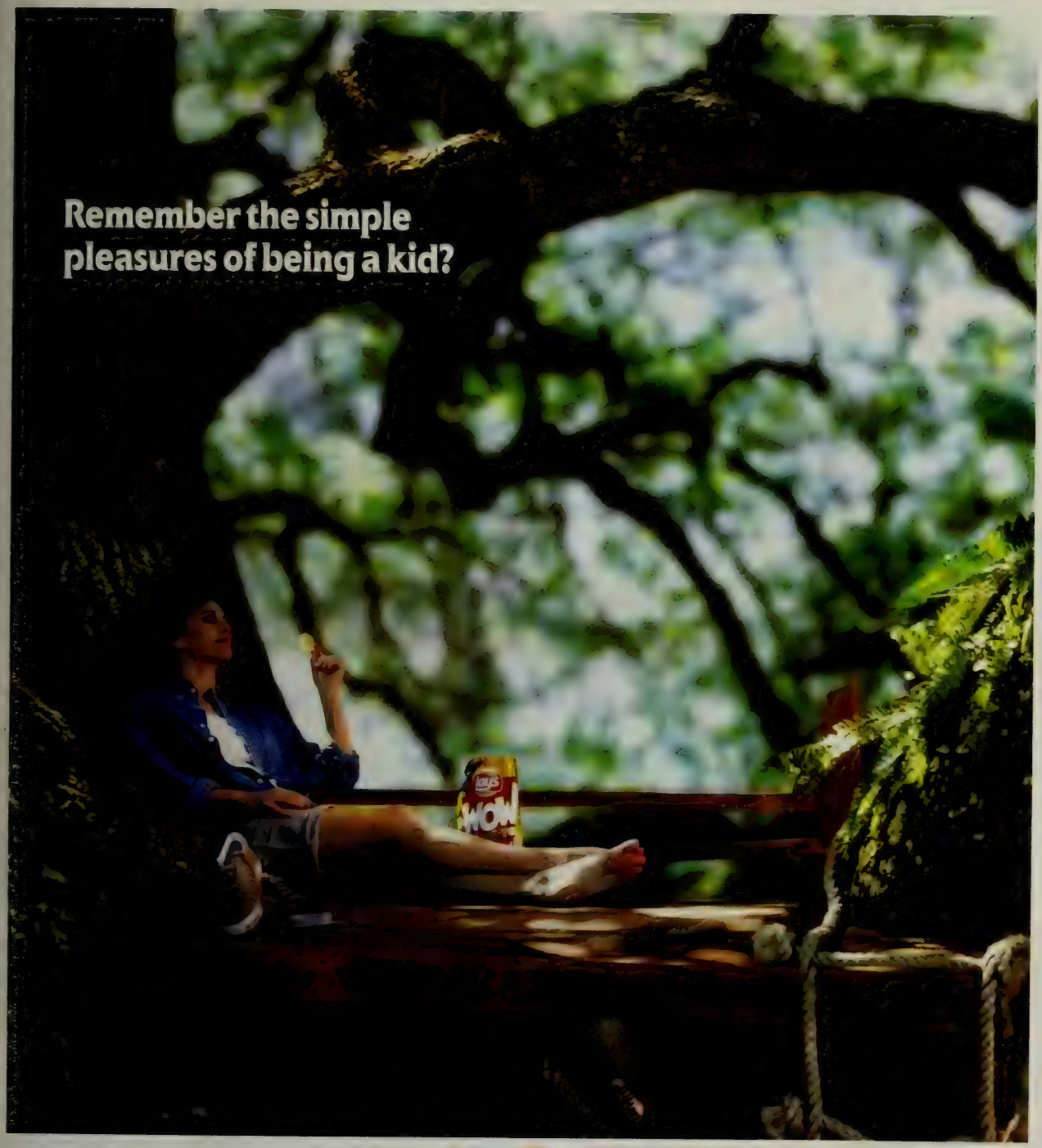
Put a Cork on It

Ringing a room with corkboards is a perfect way to show off a student's favorite things. Making this colorful border (*above*) is easy when you use pre-routed picture-frame molding, 12-inch-square corkboards, and a little paint (all available at home improvement stores). Buy the thickest corkboards you can; our cork measures ⅜ inch thick, so pushpins hold securely in place.

Cut strips of 1½-inch-wide picture-frame molding to fit the wall width. Paint the molding and corkboards with two or more coats of latex paint. Paint both sides of the cork to prevent warping.

Using a hard-lead pencil, yardstick, and level, mark the bottom of the border at a comfortable height for your child (ours starts at 30 inches high). Nail the bottom molding to the wall along this line so the routed edge faces up to hold the corkboards. Set the cork in place on the molding. Nail the top molding in place with the routed edge facing down. If necessary, use additional nails or double-face tape to hold the cork in place while installing the top molding. Fill the nail holes with wood filler, and touch up the paint.

continued on page 32





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Introducing new LAY'S® WOW!™ potato chips. Remember when all you cared about was taste? And you didn't know what a calorie was? New LAY'S® WOW!™ potato chips taste as good as–some say even better than–regular LAY'S® chips. And because they're made with OLEAN®, they have half the calories* and are 100% fat free. Hey, now you can eat like a kid again.

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All-Points Bulletin

Let a series of framed bulletin boards play host to a teen's treasures. Cork sheeting from a home improvement center or office supply store lets these boards reach giant proportions without subjecting the walls underneath to holes and mars.

Cork sheeting comes on a roll in a 24-inch standard width. Cut sheeting to desired length, then cut foam-core board to match. (Our sheeting measures 24×40 inches.) Use the thickest cork you can buy so that pushpins go all the way in; our cork is 5/32 inch thick. Bond cork sheeting to foam-core boards (available at crafts and art stores) using nonflammable contact cement (available at home improvement stores). Paint the front side of the cork sheeting with two coats of latex paint.

To make the frames, cut pre-routed, 2-inch-wide picture-frame molding to fit around the cork, mitering the corners. Secure the mitered corners with wood glue, then clamp with corner clamps. Nail with brads from the outside (two per corner). Paint the frames. Assemble the bulletin board as instructed in the caption (*below*).





The precut lip of picture frame molding holds cork sheeting and foam-core board in place (*left*). Lay the bonded cork and foam-core board inside the frame. Cut cardboard slightly larger than the foam-core size. Lay it over the foam-core and staple to the back of the frame.

Mount two sawtooth picture hangers on the frame. Use a level to hang frames evenly.

As an alternative, use ready-made frames. Just cut cork and foam-core to fit. Make sure the cork and foam-core layers are thick enough to lay flush with the back of the frame.

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BREAKFAST MADE RIGHT



Vincent Ricciardi, Financial Analyst, Post Cereals Rye Brook, NY



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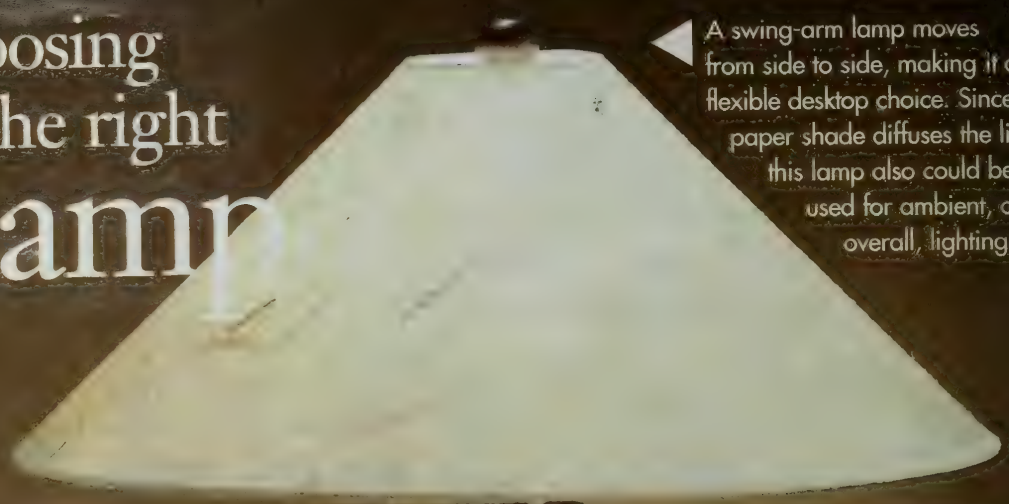


Post

BREAKFAST MADE RIGHT

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Choosing the right Lamp



A swing-arm lamp moves from side to side, making it a flexible desktop choice. Since the paper shade diffuses the light, this lamp also could be used for ambient, or overall, lighting.

Picking out a lamp for a room shouldn't be an afterthought. In addition to style, think about the specific task the lamp will perform.





▲ Inspired by a classic banker's lamp, this contemporary adaptation features a dark shade that focuses the light down on the work surface. Twin halogen bulbs with high/low settings give off a crisp white light that closely approximates sunlight.

Desktop: For close-up tasks, look for a lamp that has a narrowly focused beam and is adjustable. Ideally, the light source should be about 15 inches above the work area. The spring-arm lamp (*left*) is a good choice because it can be raised and lowered; the head swivels as well. When lighting computer workstations, focus the light so that it isn't reflected in the computer screen.

continued on page 36


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choosing the right lamp

continued from page 34



◀ Think about using lamps in unexpected places. This pewter-toned pharmacy lamp might typically be found in an office. But its flexible arm and rotating shade also make it a good choice for a bedside table.

▲ A wall-mounted swing-arm lamp is ideal for reading and frees up space on the nightstand. To determine how high to hang it, keep in mind that the shade bottom should be even with your cheekbone when you're sitting up in bed.



bedside: Lighting for the bedroom must perform multiple tasks.

It should be bright enough to read by when you're sitting up in bed but soft and flattering when you want to set a romantic mood. In rooms without overhead ambient lighting, bedside lamps also may need to help out with general illumination, providing adequate light to dress by. Lamps with three-way switches and bulbs (*left*) are a good bet in the bedroom because you can vary the light intensity to fit the task.

continued on page 38

When I bite into a York Peppermint Pattie I get the sensation I am the ice king... commander of cold... sending brisk winds to cool the earth... nothing is beyond my reach... not even my sixth grade school teacher who used to make me do math calculations in front of the whole class... I have a special arctic blast all ready for her.



Dark chocolate. Cool mint. Low fat. Get the sensation.

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choosing the right lamp

continued from page 36

◀ The urn is a classic shape for lamp bases. This one's wire frame gives it a lighter, modern look that would work well in either contemporary or traditional rooms.

▼ Twin pulls make this retro-style drum-shade lamp a good choice for chairside: One bulb lights a book; two can help illuminate a room. As with any task lamp, it should be placed no more than 36 inches from the object to be lit.





chairside: Don't worry about matching lamps precisely to other furnishings. In fact, modern lighting can freshen up a traditional room, just as an antique lamp can add warmth to contemporary decor. But whatever style you choose, make sure the lamp is suited for the task. With reading lamps, whether floor (*inset*) or tabletop, the bottom of the shade should measure roughly 38 to 42 inches from the floor.

continued on page 40


Seaside
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Lexington
Dining Room, and Living
LEXINGTON FURNITURE
INDUSTRIES

choosing the right lamp

continued from page 38



◀ Torchères direct light upward and can be used for accent as well as ambient lighting. They also create drama by casting shadows on the ceiling and wall. Other types of uplights include wall sconces and small can lights that may be tucked under houseplants.



◀ Similar in shape to candlesticks, tall, narrow lamps traditionally have been used on buffet tables. But with the variety of styles available today, they can replace real candles wherever you want to create a warm glow.

here and there: Function isn't everything. Accent lamps come in all shapes and sizes and can add a touch of whimsy or drama to a room. For instance, a small bamboo lamp (*left*) placed on a foyer table or tucked into a bookshelf creates a welcoming pool of light. ♦



Buying information, page 95


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Idea-Packed CLOSETS

Nobody likes searching high and low through ill-organized, one-size-fits-all closets. Storage that's carefully tailored to *your* needs—ideally arrayed within a comfortable dressing room—makes a master suite just that much sweeter. Whether you're a die-hard neat-freak or just looking to shave some time off morning and evening routines, here's a trio of super closets loaded with ways to pamper yourself and your wardrobe.

by James A. Hufnagel







High-Rise Built-Ins

Pinched for space? Maybe it's right over your head. Here, combining two closets with the shallow attic above them created a dressing room that literally reaches for the rafters. Vaulting the ceiling made room for a third tier of hanging space for out-of-season clothing, plus shelving for shoes, hats, and other items. Down below, the his-and-her closet has a mirror-image arrangement with a drawer-lined peninsula dividing the two areas (*left*). In the background, a 6-foot-high three-way mirror lets the owners get in-the-round looks at themselves and makes the space seem bigger than it really is. Ties and belts are easy to find in carefully organized drawers (*above*).

continued on page 44



Who says you can't indulge your soft side every second of the day?

Introducing a body wash that smoothes long after the shower - new Dove® Ultra Moisturizing Body Wash. Dove actually holds moisture in your skin. So the softness you feel in the morning will stay with you all day long. No body wash moisturizes longer. Doesn't your soft side deserve it?

Dove

For the beauty that's already there.

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Idea-Packed Closets

continued from page 42



Tiers of drawers and cabinets (*left*) line the passage from the bath in the background to a walk-in closet behind the camera. Good lighting helps the owners mix and match color choices.

Clear plastic cabinet doors (*below*) keep shoes, luggage, and a cherished Korean chest on view but dust-free. A cushioned window seat has a bank of storage underneath.

Space-Savvy Corridor

Another good way to carve out space for a dressing room is to "borrow" from the bedroom. Located along an outer wall in the master suite, this dressing area joins a large walk-in closet with the master bath. The inside wall consists of built-in his-and-her bureaus and cabinets that stop short of the ceiling to promote cross ventilation into the sleeping area.

On the outer wall, the architect added two banks of shelves enclosed by clear plastic doors. Because everything can be seen at a glance, the owners don't have to waste time rummaging around to find things. Between the shelving units, a window seat provides a comfy spot to put on socks and shoes.

continued on page 46



SHAKE 'N BAKE lets the secret to juicy pork chops out of the bag.



Seals in the juices for delicious pork chops.

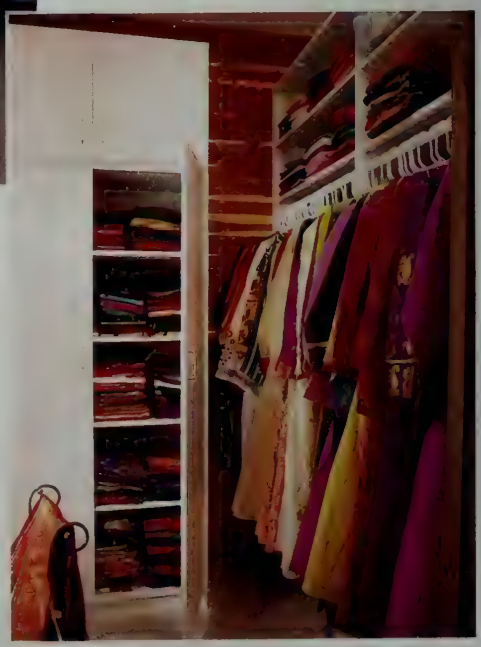
Idea-Packed Closets

continued from page 44





Stair-stepped rods (*above*), show off a kaleidoscope of neckties. His dressing room (*left*) has tiered rods for suits and shirts, shelving for sweaters. A custom-fitted cedar closet (*below*) stores and showcases colorful Indian clothing.



One for Him, Two for Her

Special storage needs demand special solutions. When the owners of this new home decided to build, they knew they wanted his-and-her dressing rooms. But she also has a large collection of clothing from her native India, so they planned a third, cedar-lined closet off her everyday closet. Here, shelves hold silk saris, tops, and skirts, with special-occasion dresses and matching pants neatly aligned on hangers.

Both dressing rooms have center islands that provide drawer storage and a place to fold clothes or pack a suitcase. The closet's fixtures are covered in white laminate, and lighting that simulates daylight makes colors easy to see.

Buying information, page 95

EasyIron™

Whoever thought you'd see those two words together?



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From soft knits to washable silks, **Niagara® EasyIron™** makes it quick and easy to remove tough wrinkles every time you iron.

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Make Room for Music

Live music lends vitality to any room, but finding the right spot for a baby grand can pose a design dilemma that even the masters find challenging.

At the Cedar Rock house in Quasqueton, Iowa, architect Frank Lloyd Wright went so far as to ask the Steinway Company to customize one of its pianos so it wouldn't overpower the room. You may not need to take such bold measures if you follow these tips for maintaining a sense of harmony between the instrument and your home.

Stay in tune

When assessing a likely spot, take a look at environmental factors that will affect the instrument's performance. Remember, pianos are made mostly of wood and have as many as 4,500 moving parts, so before placing the piano, pay close attention to fireplaces, doors to the outside, and even heating and air-conditioning vents. Changing temperatures may cause a piano to slip out of tune, but the real enemy is a fluctuating level of humidity. Ideally, the room's relative humidity should be between 40 and 50 percent. If the humidity of your local climate varies widely, ask a piano dealer about high-tech humidity controls that can be installed inside the piano.

Direct sunlight can also cause problems. In addition to slight expansion and contraction of the wood caused by the sun's heat, too much exposure to ultraviolet rays can cause a piano's finish to fade.

Sound advice

How a piano sounds depends both on how it is tuned and on the acoustics of the room in which it is played. Too many hard surfaces can make a piano sound "bright," as the higher frequencies bounce from surface to surface. Dampening some of the sound with carpeting will make the instrument seem quieter and take the edge off the upper octaves. If you have hardwood floors, simply put an area rug under the piano. Draperies and wallpaper also offer modest sound-dampening qualities.

A lesson in scale

Because they are large, pianos tend to be the focus of the room. But a big dark piano doesn't have to steal the show. To add balance, consider another hefty piece of furniture on an opposite wall. Bookshelves, an armoire, or even large paintings can round out the ensemble and add balance to the room by filling vertical space. Since pianos are typically dark in color, you'll want to keep the room's colors fairly light to prevent it from feeling cramped.



Our easy-to-assemble deck box is specifically sized for lounge chair cushions. But use it for charcoal, citronella candles or anything else you don't feel like lugging inside.

Rubbermaid®





easy living house

by Shawn Gilliam

We can learn a lot from houses. Some teach us the finer points of home maintenance, while others beckon us to slow down and appreciate life. This home leans toward the latter. Built with charm and ease of mind, its classic Cape Cod design harbors plenty of ideas for your place, too.

continued on page 52

Break through...



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Clairol HYDRIENCE uses the power of water to deeply saturate every strand of hair with radiant, moisture-rich color that won't ever wash away. Color so rich, it *completely covers gray*.

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CLAIROL®



Sunshine saturates the living room and adjoining spaces through a large, south-facing window. Because of the window's height, you can see light filtering through the trees almost as if you were outside.



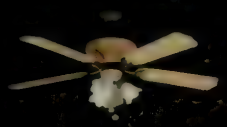
When winds outside howl, the living room—with its fireplace and shelves full of books—provides an always-cozy respite.

Architect Paul Kreuger decided on the locally grown Cape Cod style for this summer home near Wellfleet, Massachusetts. The one-level design hugs the landscape, lending itself to an interior free of steps and other barriers—and ensuring the empty-nest owners will enjoy the home well into their retirement years.

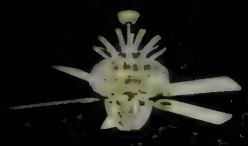
Most Cape Cods feature tight rooms and low ceilings with upstairs attics. But this home boasts an open-beam design with little in the way of interior walls, creating wonderful volume.

continued on page 54





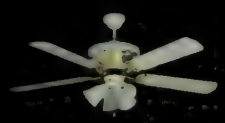
Vineyard



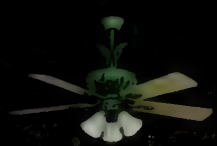
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No four-walled kitchen and separate dining room for this family. The all-in-one room lets everyone participate in good cooking and lively chatter.

easy living floors

Laid-back living dictated the arrangement of rooms. The kitchen, dining room, living room, and porch—where the homeowners spend the most time—enjoy the best views of the ocean. Ceilings measuring as high as 16 feet provide the roominess of a much larger home—without the cleaning responsibilities.

continued on page 56

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easy living house



Beadboard paneling finishes the home's walls, ceilings—even the kitchen's built-in desk and island—for an informal vacation-house feel. Easy-care laminate counters are perfect for no-hassle cleanups.

Although a couple of rooms have rugs, th entire home's floor is oak—treated wi polyurethane so water dripping from a bathi suit isn't a problem. "And the wood is the col of sand," Kreuger points out, "so you don worry about every grain of sand that might l on the floor."

Time away from the scrub brush and du mop is spent in the living room enjoying a toas fire on a cool day, or outdoors exploring nearby wildlife sanctuary. Boating, fishing, ar bird watching come easy in these parts.

continued on page 5



The centrally located dining area (*above*) extends to a large deck outside.



A three-wing plan (*left*) with zoned heating allows the guest bedrooms to be shut off when not needed, saving on energy costs.



There's another way to learn about the minivan in your future.

You don't have to be a psychic. Just fill out that little card, or register at www.honda.com/concept. You'll be one of the first to receive material about the all-new Honda minivan coming in October. It's going to be the biggest Honda ever made, with room for seven, a powerful V-6 engine and handy dual sliding doors. So if you're thinking about a minivan, don't rely on predictions. Go for the sure thing. Sign up to get information in your mailbox or e-mail. And relax, knowing you've made your future a little less mysterious.

HONDA

easy
living
house

By deciding early on what furniture pieces would go into each room, the architect and homeowners were able to cut down on unnecessary floor space. "Everything we put into the house is a useful item," Kreuger says. The 13×14-foot master bedroom, for instance, accommodates a queen-size bed plus the usual dressers and nightstands—but no more.

Just as much thought went into the room's location. The master suite, which angles away from the living room, enjoys wonderful views and separation from the guest quarters.

continued on page 60



Sliding doors open from the master bedroom onto a small deck—complete with built-in bench and view. The sliders are weather-stripped to ward off the gusty winds and driving rains that sometimes hit the Cape.

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Natural materials on the exterior require periodic painting and sealing, but the cedar shingle siding—in keeping with the style that dates back to Colonial times—is allowed to weather to a timeworn appearance.





Take a seat on the screen porch with an afternoon cup of tea, a favorite book, and the sound of the ocean surf nearby. Even on rainy summer days, you can enjoy fresh air without giving in to the elements.

Ease also extends outside, where the landscaping is completely maintenance-free. Because fresh water is precious here, indigenous birch trees, Russian sage, and fescue grass make up most of the plantings. The landscaping choices were never a question—most of us would also trade in the lawn mower for a fishing pole.

Buying information, page 95



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Garages That Belong to the House

by James A. Hufnagel



Green paneled doors and red brick siding (*top*) help the new garage blend into the neighborhood (*above*). The entry to the garage and its upper level (*right*) matches the home's detailing.

A well-designed garage does lots more than just bring cars in from the sun or snow. It can provide space for storage, plus maybe a shop, a studio, or other hobby area.

Architecturally, the best garage also brings a sense of "belonging"—serving as a visual companion to the house and looking as if it's always been there.

This charming brick carriage house is our first case in point. Several years ago, owners Laurie and David Davis converted their original attached two-car garage into a family room. To replace it, they built a detached garage that mimics their 1957 ranch in its arched openings, brickwork, and roof pitch.

continued on page 64



PHOTOGRAPHS: JIM HEDRICH, HEDRICH/BLESSING. REGIONAL CONTRIBUTOR: BETSY HARRIS

Osteoporosis isn't caused by aging. It's caused by ignorance.

What is osteoporosis?
Osteoporosis is a disease of excessive bone loss. As you age, you bend, you shrink, your calcium-based bone structure crumbles. But the more you know about osteoporosis, the less likely you are to get it.

TUMS is recommended by more doctors than any other brand of calcium. And Tums is the first calcium supplement ever recommended by the National Osteoporosis Foundation.

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CALCIUM



Take charge of your future.
Talk to your doctor. About calcium. About exercise. About risk factors. And take your Tums. It couldn't be easier. It couldn't be more important.

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From its arched doors to the cupola and weather vane up top, the new garage (*right*) mimics an 18th-century relic.



For security reasons, the windows on the garage's side (*above*) aren't windows at all. They're an ornamental arrangement of shutters and trim painted to match the house.

From the front, the garage (*below right*) looks like a neighboring home. Both house and garage are set back from the road and blend into the wooded landscaping.

Garages

continued from page 62

Two decades ago, architectural designer Gary Salter started planning a Colonial-style house for his family. He created an authentic period design that fits nicely into historic Norwell, Massachusetts.

When he drew up plans for the original house, there was no way to attach a garage because of the septic system's location. So, for 20 years, the family got along without a garage.

"Finally we decided to do something," says Judy, Gary's wife. Judy acted as the client, citing her needs and preferences, while Gary supplied the design know-how.

Their solution—the half Cape Cod "house" shown here—won an award in *Better Homes and Gardens*® magazine's 1996 Home Improvement Contest.

continued on page 66



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Garages

continued from page 64

Janis and Gary Hostetler's new garage solves several problems at their stately Indianapolis home. It gets their cars off the street and makes room for the workshop Gary has always wanted. Best of all, the garage accommodates secluded outdoor living in a bustling downtown setting.

Architect Terry Bradbury strove to ensure the new structure's proportions, hip roof, and trim echoed the classic Italianate detailing of Janis and Gary's 120-year-old home. A patio, topped with a classy pergola, links the house and garage.

"I don't feel like I'm downtown when I'm sitting out here," Janis says. "I feel like I'm in an outdoor living room."

The garage features a bonus room upstairs that could someday provide more living space. "We toyed with the idea of an apartment up there," Janis says, "but decided we didn't want people living in our backyard."

continued on page 68



Automotive access to the garage (*above*) is from a back alley. The garage's raised-panel siding doesn't copy that on the three-story house, but similar proportions, materials, and color schemes tie the two together.





The garage's rear entry (*above*) opens to a patio with world-of-its-own privacy. Stairs inside lead to a room above.

You hardly realize this is the back of a garage (*left*). The garage's windows mimic those on the back of the house.

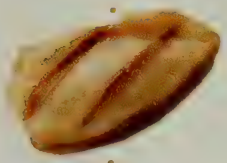
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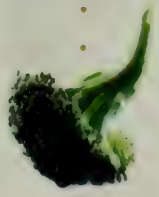
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Matching stain color and roofing help the garage and house (*right*) harmonize without looking exactly alike.



Garages

continued from page 66

This new garage belongs to a house with history—a cottage that was built in the mid-19th century and later moved to a wooded hillside site in Zionsville, Indiana.

The homeowner would have preferred the convenience of an attached garage, but property boundaries, hilly terrain, and mature trees ruled that out. Instead, she built a rustic "barn" that looks as if it's been on the property for more than a century.

On the ground level, the garage accommodates the owner's 1952 British roadster, the minivan she uses for everyday wheels, and an extensive collection of garden tools and supplies. An exterior stairway climbs to a loft that stores garden furniture and other seasonal items.

Buying information, page 95

Placing the stairway outside (*above*) doesn't take away from valuable storage space inside the garage.

Outdoor furniture and Christmas decorations go up and down these stairs several times a year.

A deep overhang at the front of the garage (*right*) serves as a porch, complete with a tilt-top picnic table.

Wrought iron hinges and latches give the overhead garage doors the look of swinging barn doors.





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Reference: 1. Data on file. Pfizer Inc, New York, NY.

Please see important information for ZYRTEC 5-mg and 10-mg tablets and 5 mg/5 mL syrup on the adjacent page.

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CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6–11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. *The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations.* The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6–11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence), ZYRTEC (N=2034) vs Placebo (N=1612) respectively:** Somnolence (13.7% vs 6.3%), Fatigue (5.9% vs 2.6%), Dry Mouth (5.0% vs 2.3%), Pharyngitis (2.0% vs 1.9%), Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. **Table 2. Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309):** Headache (11.0%, 5 mg, 14.0%, 10 mg, 12.3% placebo), Pharyngitis (6.2% 5 mg, 2.8% 10 mg, 2.9% placebo), Abdominal pain (4.4% 5 mg, 5.6% 10 mg, 1.9% placebo), Coughing (4.4% 5 mg, 2.8% 10 mg, 3.9% placebo), Somnolence (1.9% 5 mg, 4.2% 10 mg, 1.3% placebo), Diarrhea (3.1% 5 mg, 1.9% 10 mg, 1.3% placebo), Epistaxis (3.7% 5 mg, 1.9% 10 mg, 2.9% placebo), Bronchospasm (3.1% 5 mg, 1.9% 10 mg, 1.9% placebo), Nausea (1.9% 5 mg, 2.8% 10 mg, 1.9% placebo), Vomiting (2.5% 5 mg, 2.3% 10 mg, 1.0% placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, otalgia, otitis. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paronyria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity, toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, xerophthalmia, glaucoma, ocular hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, asthenia, generalized edema, periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp, pain, pallor, chest pain, accidental injury. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. A single case of possible drug-induced hepatitis with significant transaminase elevation (500 to 1000 IU/L) and elevated bilirubin has been reported. In foreign marketing experience the following additional rare, but potential severe adverse events have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, severe hypotension, anaphylaxis, hepatitis, glomerulonephritis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially, this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses in mice and rats were 237 and 562 mg/kg, respectively (approximately 55 and 265 times the maximum recommended human daily oral dose on a mg/m^2 basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple-dose toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older:** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending on symptom severity. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance 11–31 mL/min), patients on hemodialysis (creatinine clearance less than 7 mL/min), and in hepatically impaired patients, a dose of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children aged 6 to 11 years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. Cetirizine is licensed from UCB Pharma, Inc.

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design

Sew-Simple Pillows



Sew a pretty pocket pillow in no time using three cloth napkins and prebasted ruffling ribbon.

For this project, you'll need three coordinating napkins, a pillow form with sides 4 inches shorter than the napkins, fabric ribbon with gathering cords (enough to edge one napkin on all sides), and a button or other trim.

Cut one napkin in half diagonally to form the flap. Lay that triangular flap over another napkin, adjusting its position until the widths align. Trim the leftover strip so the flap's top edge is even with the napkin's. Sew the flap to the napkin, right sides together. This is the pillow back.

Narrowly hem one end of the ribbon, sewing over the gathering threads to anchor them. Pin the ribbon to the underside of the flap's upper edge, gathering to fit by pulling the threads' free ends. Turn under and narrowly hem the other end. Sew ribbon in place. Make a buttonhole in the point of the flap.

Lay the remaining napkin over the pillow back, wrong sides together. Topstitch around the side and bottom edges 2 inches in from the hems. Slip the pillow form into the pocket of the cover. Fold the flap over the opening and mark the placement of the button. Sew the button in place. For fun and to mimic the design in the ribbon, we used a small bunch of plastic fruit rather than a button.



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design

Reversible Decorating



Color influences not only the overall look of a room, but also the mood of the people in the room. When used in strong intensities, warm colors tend to create more activity, while cool colors are more calming.



It doesn't take a year's budget to refresh your home with the changing seasons. Reversible designs in coordinated fabrics provide at least two distinct looks—at one basic price.

With one side covered in a warm hue (peach) and the other dressed in a cool color (green), decorative elements such as draperies, throw pillows, and chair cushions can be turned on their flip side for a new look that matches, or is opposite, the climate outdoors.

- Find compatible colors and coordinated or same-print patterns for decorating elements that can be easily reversed. It's your choice: Display a cooler or warmer palette on chair cushions, throw pillows, curtains, and table dressings. Limit the trims and cordings, which are visible on both sides, to a neutral tone.
- Select warm and cool colors of the same intensity (brightness or dullness, depending upon the amount of gray in the hue), like the peach and green used here. An intense orange on the flip side of the subtle sage would not have worked, nor would a brilliant kelly green with pale peach.
- Build a foundation for seasonal change by starting with a neutral wall color. Play off a common color, which is found in both seasonal fabrics, or choose a neutral color (such as this tawny background, white, or gray) that will work with both a cool and warm color scheme for the walls, floors, and other areas that are not so easily changed.
- As a bridge between two seasons' color schemes, introduce one fabric, such as the plaid on the front of the chair cushion, that coordinates with both palettes.

Add even more fruit to your meal.



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Planning Your Family's Home

by Shawn Gilliam

The one-cook kitchen. A small, hard-to-clean bathroom. A garage too crowded for cars. Think hard enough, and you'll probably find a quirk or two—or several—in your home's floor plan. Bring these troubles to the drawing board when you design your next house. By tweaking a stock floor plan, you can eliminate problem spots before they're built.

Look at how a new home can best serve your family. If you're in for a lifestyle change—say, having children—visualize how a reorganized home can simplify your life. To help you get started, check out the following family scenarios.



Mom and dad with small children

Many young families struggle to make the most out of tight floor plans. They want to create a safe environment for little ones, while accommodating their own busy lives. Here's a room-by-room rundown.

Kitchen

- Plenty of work space, including two sinks and nice spans of countertop, will help the cook (or two) make sure little mouths are fed.
- An open kitchen/family room arrangement and windows facing the backyard will let you keep an eye on children during meal preparation and cleanup.
- Make sure an island or peninsula separates the family room from the work core to help keep curious hands away from hot pots and pans and other kitchen dangers.
- You'll likely eat most of your meals in a breakfast or family room next to the kitchen. Make space there for a table and chairs; it is unsafe for children to perch on stools pulled up to an island.

Family room

- Trading in a living room for a larger family room probably makes sense. Chances are, you'll spend most of your time together in the more casual space.

Bedrooms

- The closer your room is to the children's, the better. You'll want to be nearby to help them through the morning routine; they'll want you nearby in case of bad dreams.
- Plan logical spots for beds and other furniture.
- Remember valuable closet space.

Bathrooms

- The family bath should have a low-side tub for bathing young children.
- Although it's wise to plan a 36-inch-high vanity for adults, 30 inches is more appropriate for children.

Mom and dad with teenagers

When the kids reach their teens, everything changes—meal times, privacy needs, and recreation space. These tips may help smooth the ride through the tough transition years.

Kitchen

- Kids' appetites aren't curbed once they hit the teen years; if anything, you'll need more kitchen work space, a large pantry, and an additional freezer.
- Plenty of space eases the work of multiple cooks, especially if your children are taking over some cooking responsibilities.
- Because it can be difficult to get together for mealtimes, an eating island or peninsula is the most convenient setup.

Family room

- Keep the living room or plan a den so you have your own place to read and catch the news.
- A recreation room gives the kids a place for rowdier fun.
- Even if your children don't cook, plan on a family room adjacent to the kitchen as a spot for them to hang out and update you on the day.

Bedrooms

- The master bedroom doesn't need to be as close to the others as when your children were young—stereo-blasted rock music reverberating against your wall proves it. Site your bedroom at a different end, or floor, of the house, and treat it as a private retreat. You might even try to include a sitting area.

continued on page 78

After a **vacation** *in*
California,
couples spend 89%
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Your Home

continued from page 76

• See that your children's rooms provide suitable conditions for doing homework by setting aside space for a desk or planning built-ins. Also remember your kids will need room to store their worldly possessions, both in the form of display shelves and adequate closets. Many secondary bedrooms provide little closet space, so you may need to maximize what space there is with a closet organizer system.

Bathrooms

• Plan two sinks in the family bath if you have more than two children.

• A tub/shower combination or shower works best as kids get older.

A couple

Before kids, after kids, or no kids at all, couples have special needs too.

Kitchen

• A small kitchen may serve you fine, considering you're preparing smaller meals and not bumping into kids. But if you sometimes cook for guests or participate in a gourmet club, a large kitchen may better suit your entertaining needs. In that case, two sinks, large runs of countertop, and space for food storage is essential.

• You may find a formal dining room more useful than other families, but for daily meals, still plan for an eat-in kitchen or breakfast room.

Family room

• If you've owned homes before, you probably already know whether you are family-room-type folks. Entertainment centers and overstuffed chairs are at home here. But others may choose to invest their square-footage budget elsewhere.

• Locate the family room near the kitchen for convenience.

Bedroom

• Only one bedroom in the house is truly important—yours. Especially if you're an empty nester, you may want to locate it on the home's main floor. Be sure closet space is plentiful and that there's space for your bedroom set.

• Secondary bedrooms will likely become guest rooms. Double suites (master and guest) often work better than the standard arrangement of master and secondary bedrooms. The extra suite, equipped with a bath, will provide guests a comfortable space of their own. Because they only visit once in a while, try to plan zoned heating and cooling—so you can shut the unit off or turn the guest area's thermostat down to save on energy.

Bathrooms

• Equip the master bath with two sinks to best serve your needs during the morning routine.

• If you enjoy a deep soak in the evening, count on a large tub. Or, if you don't like that form of bathing, you may simply want a shower—perhaps with two showerheads.



Visualize how the home can simplify your life.

All families

Some planning issues apply to all family situations.

• Working, sleeping, and living zones should be separate. Locate the often-noisy family room away from the bedrooms.

• Square footage should be useful. Plan rooms spacious enough to handle furniture groupings, but not so large that you lose out on intimacy. Lofty foyers and expansive living rooms are classic space wasters.

• Furniture arrangements must fit well into the plan. For example, make sure the master bedroom has wall space well-suited to a king- or queen-size bed and nightstands. See whether the family room includes a spot for the TV away from the glaring sun. And throughout the home, keep traffic paths from crossing through conversation areas.

• Because so many of us need a place to organize paperwork and tap into the computer, a home office is a floor plan priority. Your work style dictates whether to incorporate the office into the center of the home or separate it from the activity. A kitchen desk area—equipped with a computer and storage files—may work out if you want to keep an eye on your kids. A more secluded office will serve you better if your job requires fewer disturbances. Also decide whether your family will share one computer; if so, you may need to schedule time slots to give everyone a chance to use it. Otherwise, plan a separate computer spot for your children or mate.

• It's best to locate a laundry room close to where dirty clothes are generated. If you or your children often come home dirty from work, school, or sports activities, put this room near the garage or back door. If this isn't an issue, design a laundry space close to the bedrooms.

• A garage with three bays works best for most families. Park the cars in two of the spaces; plan for storage or a workshop in the third. The garage should be near the kitchen to ease carrying groceries from the car. Also, work with the design so the garage is positioned at the side or the rear of the house. A flat garage door shouldn't be the front facade's dominant feature.

• Some fine points in a floor plan are easy to overlook. Study your plan for details, such as steps up and down between rooms, window and wall location, ceiling heights, and placement of electrical outlets.

• A kitchen that steps down into a family room may seem harmless enough, but it means children and guests will take many spills through the years. Avoid such hazards.

• If you're unaccustomed to visualizing a blueprint in three dimensions, hire an architect or designer to walk you through the plan or plans you like best.

• Most professionals who design modest-size homes for a living can provide "walk-through" consultations for $100 or less. ⌂



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Step 2 Sand using medium grit paper (120, 150). Wipe clean with a tack cloth.



Step 3 Prime with Krylon Sandable Primer. Choose a primer color based on finished color of project.

Step 4 Sand with fine grit paper (220).

Step 5 If you're doing multiple colors, mask off the areas you don't want painted. Apply two coats of Krylon spray paint.



(NOTE: Because of Krylon's special formulation, you can apply the second coat at any time.)

Krylon Helpful Hint

Why use a primer? A primer is excellent for surface preparation because it fills nicks, scratches, and imperfections. It also smoothes the finish for a better appearance, enhances color clarity, and improves paint adhesion and long-term durability.

For other great project ideas, get a 30-Minute Makeover booklet at a retailer near you or call 1-800-4-KRYLON. Look for other added-value offers and our 30-Minute Makeover contest details.

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Artful Touches with Tile

There are dozens of budget-friendly ways to give your kitchen a fresh new look, but none pack in more color and personality per square inch than a tile mural.



Usually installed on backsplashes above ranges or sinks, tile murals come in a slick variety of subjects, colors, and artistic styles.

For a custom tile mural, have an artist replicate a design that's meaningful to you, such as wallpaper or fabric motifs, china patterns, favorite flowers, or even your children's drawings. Or, for a touch of character at a lower cost, tile stores carry ready-made murals. Some are hand-painted; others feature silk-screened prints.

A custom tile mural involves the most planning. Before the artist starts painting tiles, ask to see a sketch of the design you want. Be sure to plan around obstacles, such as switch plates and electrical outlets. Once the design is laid out and you've settled on the colors, the fun begins. The artist will use a ceramic paint to produce the design on tile, then glaze and fire it. Most tile artists prefer painting in their studios, but if you want to keep an existing backsplash, find a local artist who will paint directly onto your tiled wall. Because the tile can't be refired, use polyurethane or a clear ceramic spray to help protect the paint.



The backsplashes in this Connecticut kitchen (*above* and *left*) are embellished with grapevine-motif murals. The design is light and free-flowing to complement the room's casual style. Although it's not readily noticeable, tile artist Marion Grebow sculpted a subtle relief of the design onto wet, homemade tile before painting. To ease installation and keep the backsplashes clear of obstructions, strip outlets were installed under the counters.

To find a custom tile artist in your area, check with kitchen design stores, interior designers, or ceramics supply shops. For a specific style, you may need to write or call out-of-town artists; many will mail you brochures and price quotes.



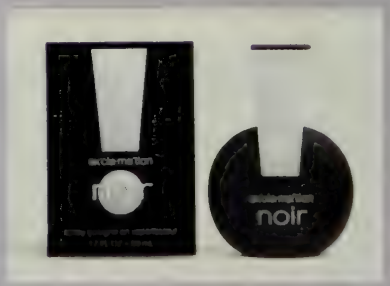
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Spring on Better Homes *and* Gardens™ Television



Join us every weekend for new inspiration and information on *Better Homes and Gardens* for television. Hosts Heidi and Michael Spound (*above*)—along with our cooking, decorating, and gardening experts—bring you episodes filled with beautiful, practical, and achievable ideas that viewers can use.



Show 24 April 25–26

In this episode, Sissy Biggers (*above*) prepares a Creole dessert favorite—*beignets*. Chris Dawson (*right*) shows how you can get an early start with your perennials. And country-cottage designs are featured in a segment with Pam Klein (*above right*).

Show 25 May 2–3

Chris shows how to turn a nook into a garden, plus tells you how to receive free plans (such as the plan shown at *right*) and a planting list. Sissy explains how a well-stocked pantry can add big flavor to your meals. Pam demonstrates new ways to make your family room work for the *whole* family.

Show 26 May 9–10

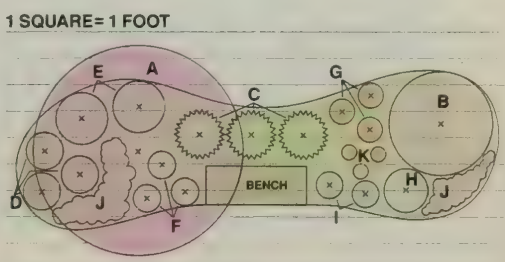
Heidi and Sissy cook up recipes your kids will love. Chris shows you how to design a garden that fits the way you live. Plus, Pam creates a romantic retreat in the bedroom.



Show 27 May 16–17

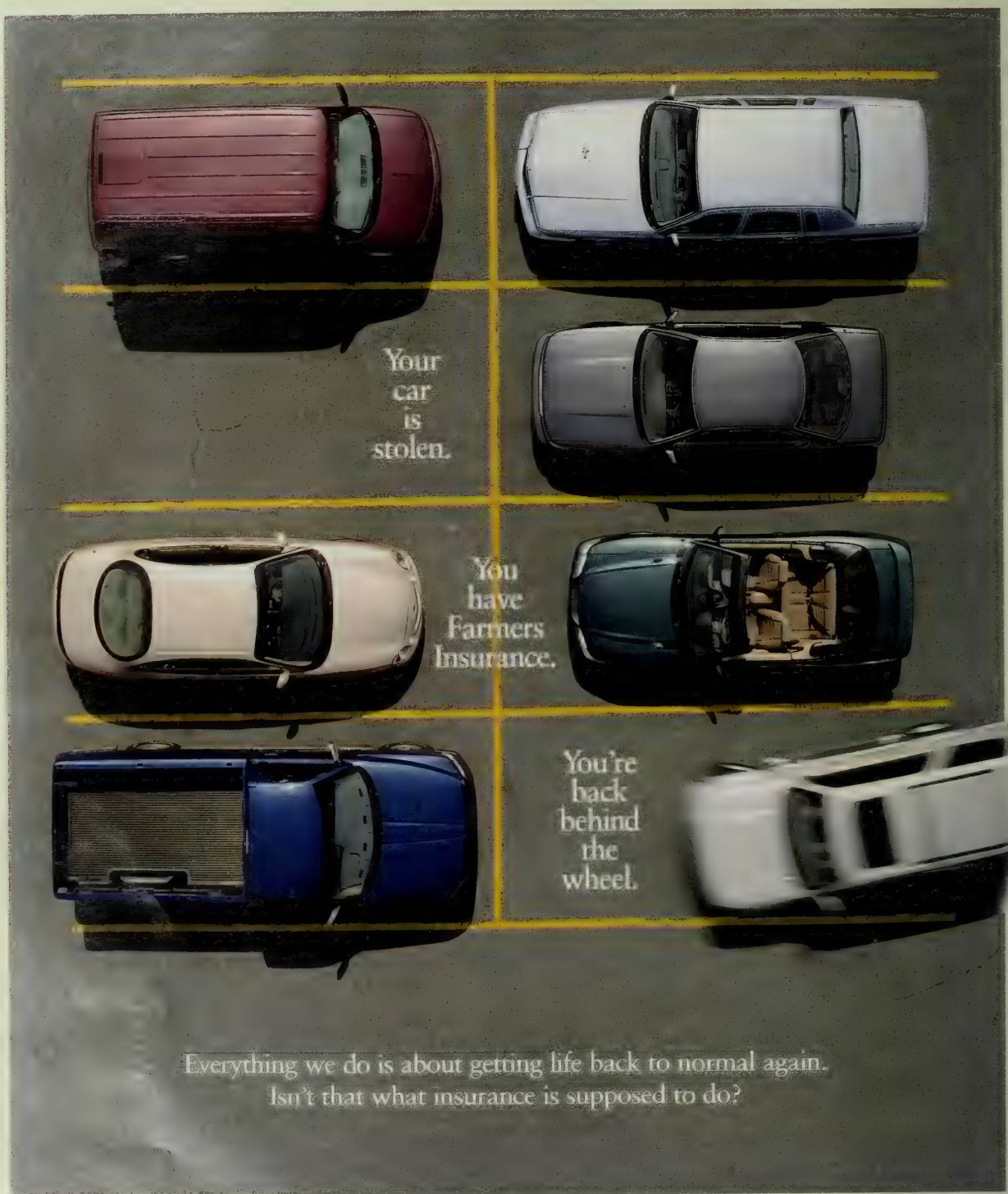
Pam showcases three striking tabletops that truly celebrate the beauty of the springtime season. For gardeners, weeding is a necessary chore—but Chris shows that the work needn't be backbreaking. Then, Sissy brings us two delicious recipes using roasted peppers, which should liven up your mealtimes.





Check your local TV listings for the *Better Homes and Gardens* weekly television show. For more information and a recap of our previously aired episodes, visit our award-winning Internet site at *www.bhglive.com.*





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Enter the 1998 Better Homes and Gardens® /NAHB Remodelors™ Council Home Improvement Contest

Your home could be featured in *Better Homes and Gardens®* magazine.

We'd love to reward you on your next home improvement project.

Whether you're fixing up indoors or out, adding a new space or face-lifting the old, your ideas and efforts may rate a top award – and feature in our magazine!

PICK YOUR PROJECT

Two Categories – Twelve Divisions

You can win one of three cash awards in any of 12 divisions (eight Remodeling and four Decorating) plus a Grand Prize and two Runners-Up.

CATEGORY I – REMODELING

(Primarily structural home improvements. Awards for Class A – large, Class B – medium, and Class C – small projects.)

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodeling
- Interiors
- Additions
- Whole-House
- Restorations

CATEGORY II – DECORATING

(Solely cosmetic changes to your home's interior. Awards for First, Second, and Third Place projects.)

Special Spaces: Child's room, home office, porch, and sunroom

Public Rooms: Living room, family room, kitchen/great-room, formal and informal dining area, and entryway

Private Rooms: Master bedroom, master bath, guest room, and bathroom

Whole House Redecorating: Cosmetic changes to most of the major rooms in the house

CASH AWARDS

Best of Contest: $10,000 PLUS a 7-Day Vacation for Two at the Radisson Cable Beach Resort, Nassau, Bahamas. Airfare included.

Radisson Cable Beach Resort The Complete Vacation Experience

The 700-room Radisson Cable Beach Resort offers a complete vacation experience for guests of all ages and interests.

Two Runners-Up: $4,000 each

CATEGORY I - REMODELING

Twelve awards given in each of the eight divisions:

Class A:	**$1,500**
Class B:	**$ 750**
Class C:	**$ 300**

Three merit winners in each class: $100

(Projects are classed by the scope of the effort.)

CATEGORY II - DECORATING

Three awards in each of the four divisions:

First Place:	**$1,500**
Second Place:	**$ 750**
Third Place:	**$ 300**

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement/decorating project completed in 1998 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited.

HOW TO ENTER

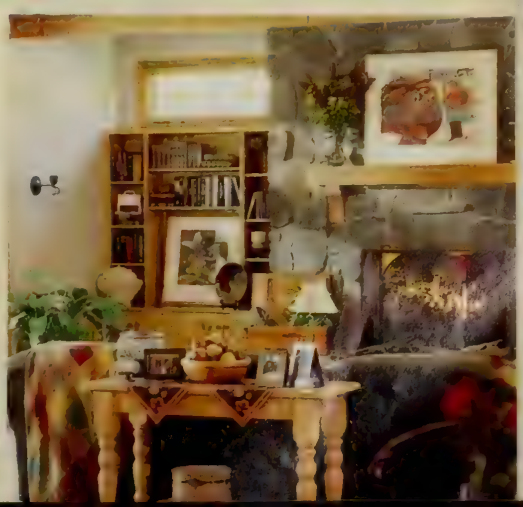
1. **RIGHT NOW:** Complete and mail the preliminary entry blank on the following page, or send a photocopy, by November 2, 1998. We'll send you complete details and entry materials, along with our official entry form.

2. **WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving floor plans, before and after photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1999.

3. **THE WINNERS:** *Better Homes and Gardens®* will select its winners on or about June 1, 1999. We will notify winners by mail and publish a selection of the top winners in upcoming issues.

WIN ADDITIONAL PRIZES

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project. *Please turn the page for additional prizes and entry form.*



Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest

SPECIAL AWARDS

$500 CASH AWARDS*

Following is a list of cosponsors providing $500 for best use of product.

Andersen® Windows and Patio Doors
Armstrong World Industries
Broyhill Furniture Industries, Inc.
Clopay Garage Doors
DuPont Corian®
DuPont Tyvek® HomeWrap™
Formica Corporation
Heat-N-Glo
Hunter Douglas
KitchenAid
Kohler Co.
Lane Reclining Furniture and Sleep Sofas
Lexington® Furniture Industries
Martex
Marvin Windows & Doors
Merillat Industries
Minwax Company
Peachtree Doors and Windows
Peerless®The Do-It-For-Yourself Faucet™
Pella
Pozzi Wood Windows
Sherwin-Williams
Sunbrella® Fabrics by Glen Raven Mills, Inc.
Thomasville Furniture Industries

DON'T MISS OUT ON THESE SPECIAL AWARDS*

The following manufacturers are offering special prizes in addition to a $500 cash award.

Cosponsor Manufacturers Special Awards

Andersen® Windows and Patio Doors will give an additional $500 cash award to one winner selected from each of the following categories: Kitchen Shape-Ups, Additions and Whole-House, who used Andersen® Windows or Patio Doors in a significant way.

Broyhill Furniture Industries, Inc. will award $2,500 (retail value) of Broyhill furniture for the best use of Broyhill furniture.

Hunter Douglas will award $500 to any Class A and First Place winner who uses one of the following products. They will reimburse the cost of the product as well: Silhouette® window shadings, Vignette® window shadings, Luminette Privacy Sheers,® Duette® honeycomb shades or Lightlines™ miniblinds.

Kohler Co. will award an additional $1,500 to any Class A, B or C winner in the Bath Division who uses a Bodyspa (3.6 or 10 jet system) and $300 to the top winner in the Kitchen Division who uses a Kohler Cast Iron sink and an Avatar pull-out kitchen faucet.

Lane Reclining Furniture and Sleep Sofas will award one recliner with a retail value of up to $1,000 for the top winner of the Whole House Redecorating Division, when proof of purchase of Lane furniture is provided.

Merillat Industries will award a cash reimbursement for the exclusive use of Merillat or Amera Cabinetry to the Class A winner in each of the following categories: Kitchen Shape-Ups ($5,000 maximum reimbursement) and Bathroom Remodeling ($2,000 maximum reimbursement).

Minwax Company will award an additional $500 cash prize for best use of a Minwax product on a new, previously unfinished piece of furniture.

AND MORE ...

Special Home Furnishings Council Prizes*

(Details on the following provided in your entry packet.)

- $3,000 Home Furnishings Council Award to the winner of "Why My Home is My Haven" Essay Contest
- $1,000 Home Furnishings Council Award to any winner who uses products from a manufacturer member as a substantial part of his/her decorating project

Farmers Insurance Company, the Official Insurance Company of the 1998 *Better Homes and Gardens*®/NAHB Remodelors™ Council Home Improvement Contest, will provide a free copy of the *Better Homes and Gardens*® *New Cook Book* (retail value $24.95) to all entrants who have Farmers Insurance coverage for their automobile or home.

FARMERS INSURANCE GROUP — Gets you back where you

* These prizes are void in Arizona, Maryland, North Dakota and Vermont.

Better Homes and Gardens®/NAHB Remodelors™ Council **HOME IMPROVEMENT CONTEST**

PRELIMINARY ENTRY BLANK

Must be postmarked no later than November 2, 1998

Send $3.00 for shipping and handling to:

Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest
P.O. Box 14494
Des Moines, IA 50306–3494

Check the project(s) you plan to complete in 1998.

REMODELING CATEGORY

- ☐ 1. Exterior Fix-Ups
- ☐ 2. Outdoor Improvements
- ☐ 3. Kitchen Shape-Ups
- ☐ 4. Bathroom Remodeling
- ☐ 5. Interiors
- ☐ 6. Additions
- ☐ 7. Whole-House
- ☐ 8. Restorations

DECORATING CATEGORY

- ☐ 9. Special Spaces: Child's room, home office, porch, and sunroom
- ☐ 10. Public Rooms: Living room, family room, kitchen/great-room, formal and informal dining area, and entryway
- ☐ 11. Private Rooms: Master bedroom, master bath, guest room, and bathroom
- ☐ 12. Whole House Redecorating: Cosmetic changes to most of the major rooms in the house

(Please Print)

Name_____

Address_____

City_____

State_____ Zip_____

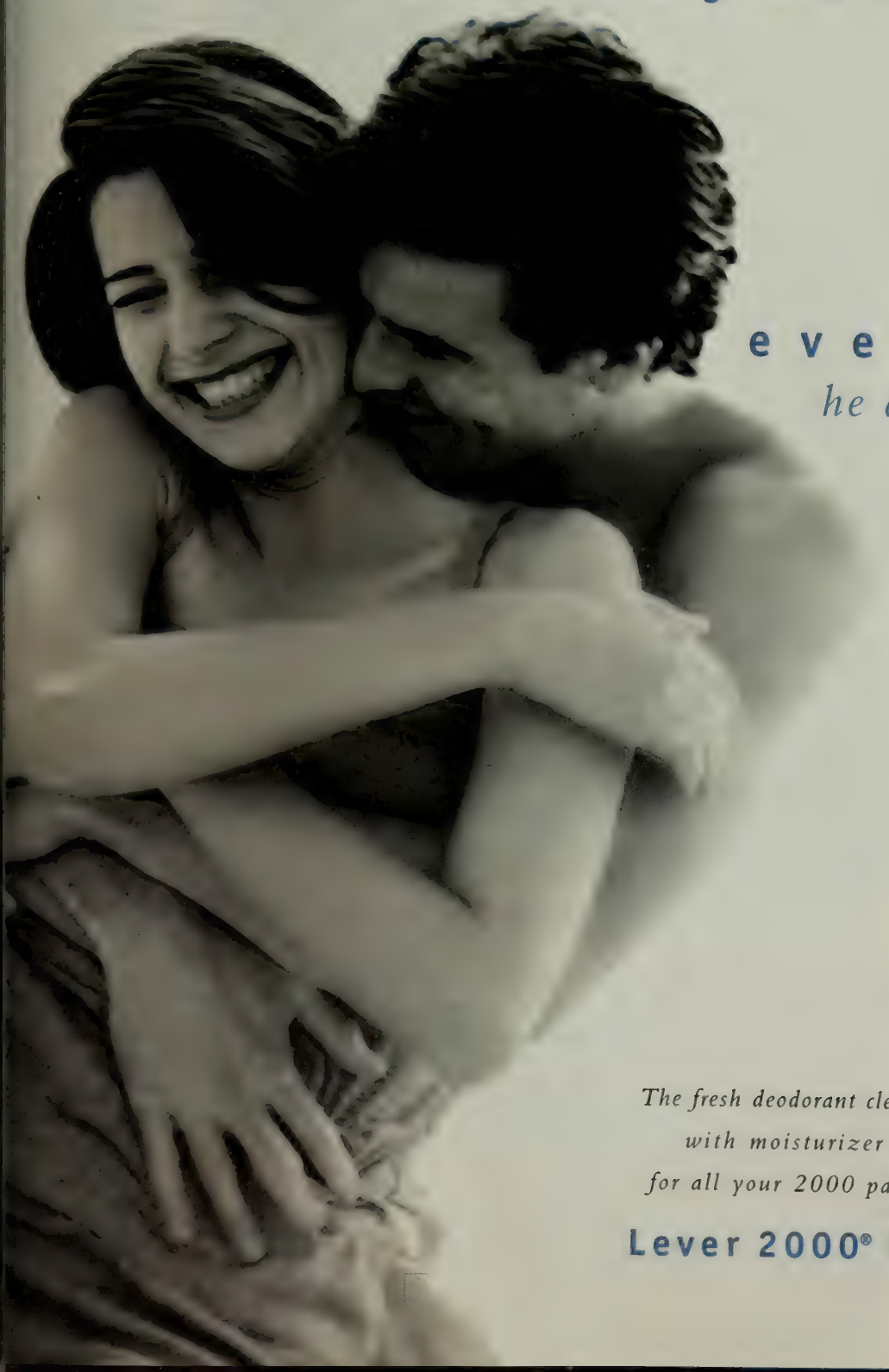
Allow six weeks for delivery of final entry packet. The $3.00 S&H charge is waived for residents of AZ, MD, ND, and VT.

Please do not send photos or project plans with this preliminary entry form. Send only one preliminary entry blank per family. See page 264 for complete rules.

Fresh, clean, soft skin.

Your husband will love

our bodywash,



even if

he doesn't use it.



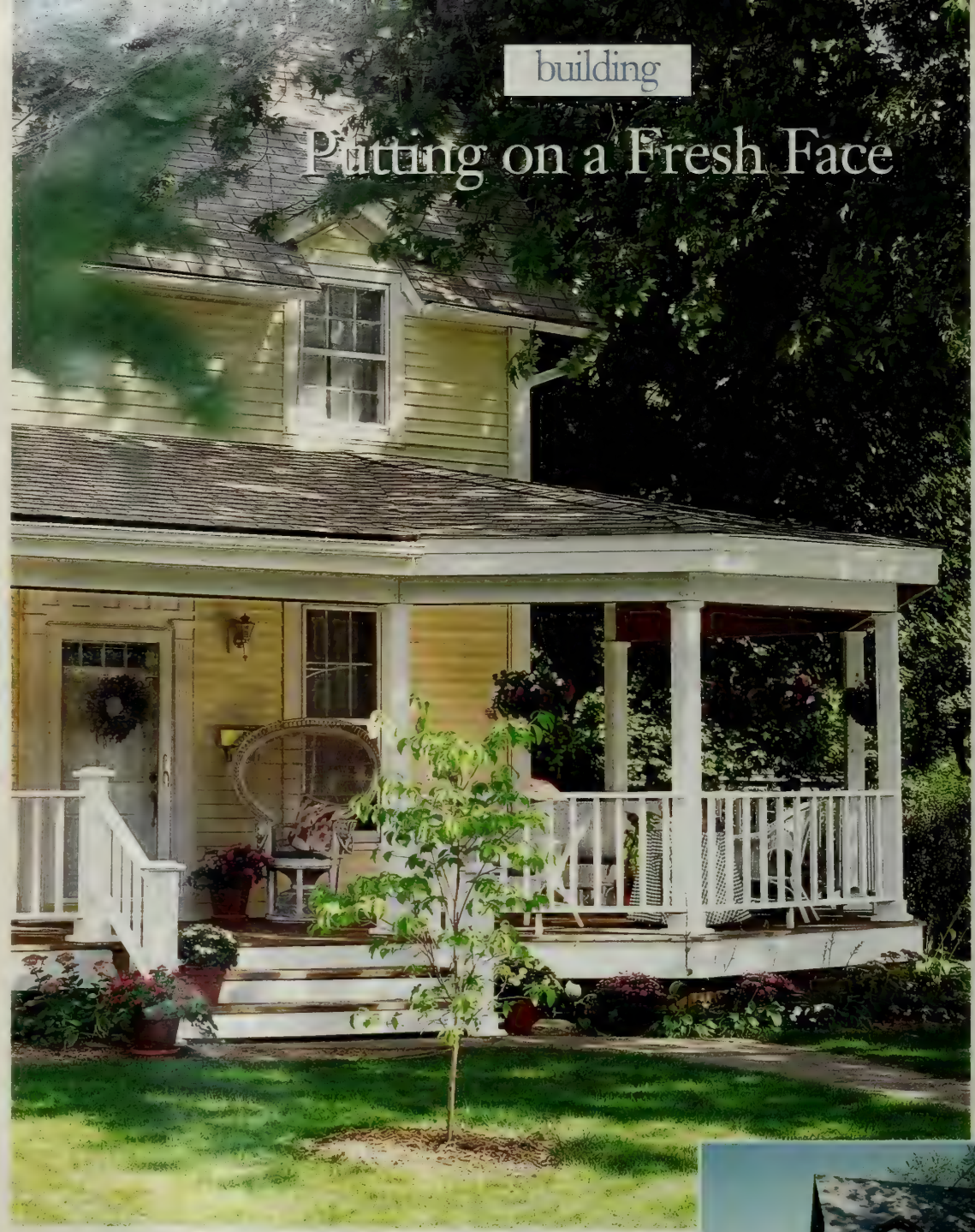
The fresh deodorant clean
with moisturizer
for all your 2000 parts.™

Lever 2000® Bodywash

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building

Putting on a Fresh Face



At first, the Schroeders wanted a circular porch, but they decided on a less expensive fan-shape gazebo design (*left*). A soft yellow-and-white color scheme helps the house blossom like a flower in the garden.

Only once did the Schroeders try sitting on their old cement stoop (*below*)—and their two lawn chairs barely fit.



by Shawn Gilliam

You could say Joanne Schroeder developed her love of porches when she was a child in the 1960s, absorbing that Mayberry idyll, *The Andy Griffith Show*. "My mom said that even when I was little, I always liked front porches," she laughs.

Three decades and three children later, Joanne and husband Michael started toying with the thought of buying an old fixer-upper. When they drove up to one place in Batavia, Illinois, Michael didn't even want to go inside. But Joanne suggested, "Imagine it with a porch." Later that night, Michael sat down and sketched the house—with a front porch. And he was enamored of the house this way, as Joanne knew he would be. They bought it in April and had the porch finished by August.

continued on page 92



ntroducing the first carpet that does more than just lay around the house.

The Next Level Of DuPont Stainmaster®.

Unlike other carpets, the revolutionary new Stainmaster® carpet does more than just lay there and do nothing.

Because Stainmaster now has the DuPont Advanced Teflon® repel system. This new technology actually pushes away liquid, soil and stains from the carpet fibers. Which means not only will DuPont Stainmaster virtually eliminate most soil and



stain problems, it will also keep its true beauty longer. In fact, tests show the new Stainmaster carpets stay 40% cleaner.

So now you can have a carpet that will work to keep itself beautiful. Because we could all use a little extra help around the house. For more information on the new Stainmaster carpet, visit your local retailer, or call 1.800.4 DUPONT.

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carpet

Fresh Face

continued from page 90

Contractor Bill Raysbys turned Michael's sketch into a working plan. Concrete footings were poured to support the structure, which went up along with new vinyl siding on the entire house. The porch ties into the home beautifully: Asphalt shingles closely match the color of the home's old roof, and the railing was routed to match the trim around the front door and windows. Most of the structure is made from rot-resistant pressure-treated wood, a wise choice because it will stand up to many years of wear and weather. Joanne and Michael chose not to paint the floor but to treat it with a water sealer every year. However, they did decide to wire the porch with electrical outlets so Michael could work outside using his laptop computer. And because mosquitoes take a particular liking to Michael, a ceiling fan was installed to keep them at bay.

During summer months, the family lives morning to evening on the new porch—eating, reading, talking, or just relaxing. "We can watch the kids as they play with their friends and ride their bikes," Joanne says. "But I think the nicest part is that we've met so many of our neighbors...it was sort of like the Mayberry thing. We'd sit out there and all of these people we'd never met before would walk by and compliment us on the porch. We'd invite them up to look at it, and then they'd have a seat and chat for a while. It is so inviting."





Even though it opens to the front yard and neighborhood, the casually furnished porch feels sheltered and cozy.

"The porch will be nice for the children when they get to be teenagers," says Joanne, pictured with husband Michael and children Steven, Monica, and Tony. "They can socialize out here and we can still keep an eye on them!"

Experience Seasonal Allergy Relief that Dissolves on your tongue without water

CLARITIN Reditabs

Ask your doctor about a trial of 24-hour CLARITIN® REDITABS™ (loratadine) rapidly-disintegrating tablets

Convenient, Nondrowsy Relief

Unique, mint-flavored tablet dissolves on your tongue without water—so you can easily *take it anytime, anyplace.* Tablet should be used immediately upon opening blister.

Nondrowsy, 24-hour relief clearly performs, so you can, too!

For Kids 6 Years and Older and Adults on the Go

Just one tablet effectively relieves your seasonal allergy symptoms for a full 24 hours.

Studies show that the incidence of drowsiness was similar to that with placebo (sugar pill) at the recommended dose. Drowsiness may occur if you take more than the recommended dose.

CLARITIN® REDITABS™ are well tolerated, with a low occurrence of side effects. Side effects resembled those seen in adults with CLARITIN® (loratadine) Tablets 10 mg (headache, 12%; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%) and were similar to those with placebo (sugar pill).

Nondrowsy antihistamines, such as CLARITIN® REDITABS™, are available by prescription only.

Notify your doctor of other medication(s) you are currently taking. Consult your doctor for important information concerning this product.



"Nothing but blue skies from now on"

For a $5.00 REBATE CERTIFICATE and important information about seasonal allergy relief for the entire family,

Call 1-800-CLARITIN
(1-800-252-7484)

Once-a-day
Claritin® RediTabs™
10 mg (loratadine rapidly-disintegrating tablets)

www.claritin.com

Please see next page for additional important information.

Schering/REV

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CLARITIN-D® 24 HOUR

brand of loratadine and pseudoephedrine sulfate, USP

Extended Release Tablets

BRIEF SUMMARY
(for full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN-D 24 HOUR Extended Release Tablets are indicated for the relief of symptoms of seasonal allergic rhinitis. CLARITIN-D 24 HOUR Extended Release Tablets should be administered when both the antihistaminic properties of CLARITIN® (loratadine) and the nasal decongestant activity of pseudoephedrine sulfate are desired (see **CLINICAL PHARMACOLOGY** section).

CONTRAINDICATIONS: CLARITIN-D 24 HOUR Extended Release Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

This product, due to its pseudoephedrine component, is contraindicated in patients with narrow-angle glaucoma or urinary retention, and in patients receiving monoamine oxidase (MAO) inhibitor therapy or within fourteen (14) days of stopping such treatment. (See **PRECAUTIONS: Drug Interactions** section.) It is also contraindicated in patients with severe hypertension, severe coronary artery disease, and in those who have shown hypersensitivity or idiosyncrasy to its components, to adrenergic agents, or to other drugs of similar chemical structures. Manifestations of patient idiosyncrasy to adrenergic agents include: insomnia, dizziness, weakness, tremor, or arrhythmias.

WARNINGS: CLARITIN-D 24 HOUR Extended Release Tablets should be used with caution in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, renal impairment, or prostatic hypertrophy. Central nervous system stimulation with convulsions or cardiovascular collapse with accompanying hypotension may be produced by sympathomimetic amines.

Use in Patients Approximately 60 Years of Age and Older: The safety and efficacy of CLARITIN-D 24 HOUR Extended Release Tablets in patients greater than 60 years old have not been investigated in placebo-controlled clinical trials. The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS: General: Because the doses of this fixed combination product cannot be individually titrated and hepatic insufficiency results in a reduced clearance of loratadine to a much greater extent than pseudoephedrine, CLARITIN-D 24 HOUR Extended Release Tablets should generally be avoided in patients with hepatic insufficiency. Patients with renal insufficiency (GFR <30 mL/min) should be given a lower initial dose (one tablet every other day) because they have reduced clearance of loratadine and pseudoephedrine.

Information for Patients: Patients taking CLARITIN-D 24 HOUR Extended Release Tablets should receive the following information: CLARITIN-D 24 HOUR Extended Release Tablets are prescribed for the relief of symptoms of seasonal allergic rhinitis. Patients should be instructed to take CLARITIN-D 24 HOUR Extended Release Tablets only as prescribed and not to exceed the prescribed dose. Patients should also be advised against the concurrent use of CLARITIN-D 24 HOUR Extended Release Tablets with over-the-counter antihistamines and decongestants. Patients who have a history of difficulty in swallowing tablets or who have known upper gastrointestinal narrowing or abnormal esophageal peristalsis should not use this product.

This product should not be used by patients who are hypersensitive to it or to any of its ingredients. Due to its pseudoephedrine component, this product should not be used by patients with narrow-angle glaucoma, urinary retention, or by patients receiving a monoamine oxidase (MAO) inhibitor or within 14 days of stopping use of an MAO inhibitor. It also should not be used by patients with severe hypertension or severe coronary artery disease.

Patients who are or may become pregnant should be told that this product should be used in pregnancy or during lactation only if the potential benefit justifies the potential risk to the fetus or nursing infant.

Patients should be instructed not to break or chew the tablet and to take it with a glass of water.

Drug Interactions: No specific interaction studies have been conducted with CLARITIN-D 24 HOUR Extended Release Tablets. However, loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxy-loratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

CLARITIN-D 24 HOUR Extended Release Tablets (pseudoephedrine component) are contraindicated in patients taking monoamine oxidase inhibitors and for 2 weeks after stopping use of an MAO inhibitor. The antihypertensive effects of beta-adrenergic blocking agents, methyldopa, mecamylamine, reserpine, and veratrum alkaloids may be reduced by sympathomimetics. Increased ectopic pacemaker activity can occur when pseudoephedrine is used concomitantly with digitalis.

Drug/Laboratory Test Interactions: The *in vitro* addition of pseudoephedrine to sera containing the cardiac isoenzyme MB of serum creatinine phosphokinase progressively inhibits the activity of the enzyme. The inhibition becomes complete over 6 hours.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There are no animal or laboratory studies on the combination product loratadine and pseudoephedrine sulfate to evaluate carcinogenesis, mutagenesis, or impairment of fertility.

In an 18-month carcinogenicity study in mice and a 2-year study in rats loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and in males and females given 25 mg/kg. The clinical significance of these findings during long-term use of loratadine is not known.

Two-year feeding studies in mice and rats conducted under the auspices of the National Toxicology Programs (NTP) uncovered no evidence of carcinogenic potential of ephedrine sulfate at doses up to 10 and 27 mg/kg, respectively (approximately 16% and 100% of the maximum recommended human daily oral dose of pseudoephedrine sulfate on a mg/m² basis).

In mutagenicity studies with loratadine alone, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at 64 mg/kg of loratadine (approximately 50 times the maximum recommended human daily oral dose based on mg/m²) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m² basis).

Pregnancy Category B: The combination product loratadine and pseudoephedrine sulfate was evaluated for teratogenicity in rats and rabbits. There was no evidence of teratogenicity in reproduction studies with this combination of the same clinical ratio (1:24) at oral doses up to 150 mg/kg (approximately 5 times the maximum recommended human daily oral dose on a mg/m² basis) in rats, and 120 mg/kg (8 times the maximum recommended human daily oral dose on a mg/m² basis) in rabbits. Similarly, no evidence of animal teratogenicity in rats and rabbits was reported at oral doses up to 96 mg/kg of loratadine alone (approximately 75 and 150 times, respectively, the maximum human daily oral dose on a mg/m² basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN-D 24 HOUR Extended Release Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known if this combination product is excreted in human milk. However, loratadine when administered alone and its metabolite descarboethoxyloratadine pass easily into breast milk and achieve concentrations that are equivalent to plasma levels, with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the parent and active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). Pseudoephedrine administered alone also distributes into breast milk of the lactating human female. Pseudoephedrine concentrations in milk are consistently higher than those in plasma. The total amount of drug in milk as judged by the area under the curve (AUC) is 2 to 3 times greater than in plasma. The fraction of a pseudoephedrine dose excreted in milk is estimated to be 0.4% to 0.7%. A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN-D 24 HOUR Extended Release Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Information on adverse reactions is provided from placebo-controlled studies involving over 2000 patients, 605 of whom received CLARITIN-D 24 HOUR Extended Release Tablets once daily for up to 2 weeks. In these studies, the incidence of adverse events reported with CLARITIN-D 24 HOUR Extended Release Tablets was similar to those reported with twice-daily (q12h) 120 mg sustained-release pseudoephedrine alone.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF ≥2% IN CLARITIN-D 24 HOUR EXTENDED RELEASE TABLETS TREATMENT GROUP IN DOUBLE-BLIND, RANDOMIZED, PLACEBO-CONTROLLED CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	CLARITIN-D® 24 HOUR (n = 605)	Loratadine 10 mg (n = 449)	Pseudo-ephedrine 120 mg q12h (n = 220)	Placebo (n = 605)
Dry Mouth	8	2	7	2
Somnolence	6	4	5	4
Insomnia	5	1	9	1
Pharyngitis	5	5	5	5
Dizziness	4	2	3	2
Coughing	3	2	3	1
Fatigue	3	4	1	2
Nausea	3	2	4	2
Nervousness	3	1	4	1
Anorexia	2	<1	2	0
Dysmenorrhea	2	2	2	1

Adverse events occurring in greater than or equal to 2% of CLARITIN-D 24 HOUR Extended Release Tablets-treated patients, but that were more common in the placebo-treated group, includ headache.

Adverse events did not appear to significantly differ based on ag sex, or race, although the number of non-whites was relatively small.

In addition to those adverse events reported above, the followir adverse events have been reported in fewer than 2% of patients wh received CLARITIN-D 24 HOUR Extended Release Tablets:

Autonomic Nervous System: Altered lacrimation, flushin increased sweating, mydriasis, thirst.

Body As A Whole: Abnormal vision, asthenia, back pain, che pain, conjunctivitis, earache, eye pain, facial edema, fever, flu-lik symptoms, leg cramps, lymphadenopathy, malaise, rigors, tinnitus.

Cardiovascular System: Hypertension, palpitation, tachycardia.

Central and Peripheral Nervous System: Convulsions, dysphoni hyperkinesis, hypertonia, migraine, paresthesia, tremor.

Gastrointestinal System: Abdominal distension, altered taste, co stipation, diarrhea, dyspepsia, flatulence, gastritis, stomatitis, tongu ulceration, toothache, vomiting.

Liver and Biliary System: Cholelithiasis.

Musculoskeletal System: Arthralgia, musculoskeletal pain, mya gia, tendinitis.

Psychiatric: Agitation, depression, emotional lability, irritability.

Reproductive System: Vaginitis.

Resistance Mechanism: Abscess, viral infection.

Respiratory System: Bronchospasm, dyspnea, epistaxis, hemo tysis, nasal congestion, nasal irritation, pleurisy, pneumonia, sinusit sputum increased, wheezing.

Skin and Appendages: Acne, pruritus.

Urinary System: Oliguria, micturition frequency, urinary retentio urinary tract infection.

Additional adverse events reported with the combination of lorat dine and pseudoephedrine include abnormal hepatic function, aggre sive reaction, anxiety, apathy, confusion, euphoria, paroniria, postur hypotension, syncope, urticaria, vertigo, weight gain.

The following additional adverse events have been reported wi CLARITIN Tablets: abdominal distress, alopecia, altered micturitio altered salivation, amnesia, anaphylaxis, angioneurotic edem blepharospasm, breast enlargement, breast pain, bronchiti decreased libido, dermatitis, dry hair, dry skin, erythema multiform hypoesthesia, impaired concentration, impotence, increased appetit laryngitis, menorrhagia, nasal dryness, peripheral edema, photosens tivity reaction, purpura, rash, seizures, sneezing, supraventricul tachyarrhythmias, upper respiratory infection, urinary discoloration.

Pseudoephedrine may cause mild CNS stimulation in hypersens tive patients. Nervousness, excitability, restlessness, dizziness, wea ness, or insomnia may occur. Headache, drowsiness, tachycardi palpitation, pressor activity, and cardiac arrhythmias have be reported. Sympathomimetic drugs have also been associated wi other untoward effects, such as fear, anxiety, tenseness, tremor, hall cinations, seizures, pallor, respiratory difficulty, dysuria, and cardi vascular collapse.

There have been rare postmarketing reports of mechanical upp gastrointestinal tract obstruction in patients taking CLARITIN- 24 HOUR Extended Release Tablets. In many of these cases, patien have had a history of difficulty in swallowing tablets or have h known upper gastrointestinal narrowing or abnormal esophageal pe stalsis.

OVERDOSAGE: In the event of overdosage, general symptoma and supportive measures should be instituted promptly and mai tained for as long as necessary. Treatment of overdosage would re sonably consist of emesis (ipecac syrup), except in patients wi impaired consciousness, followed by the administration of activat charcoal to absorb any remaining drug. If vomiting is unsuccessful, contraindicated, gastric lavage should be performed with norm saline. Saline cathartics may also be of value for rapid dilution bowel contents. Loratadine is not eliminated by hemodialysis. It is n known if loratadine is eliminated by peritoneal dialysis.

Somnolence, tachycardia, and headache have been reported wi doses of 40 to 180 mg of loratadine. In large doses, sympathomime ics may give rise to giddiness, headache, nausea, vomiting, sweatin thirst, tachycardia, precordial pain, palpitations, difficulty in mictu tion, muscular weakness and tenseness, anxiety, restlessness, a insomnia. Many patients can present a toxic psychosis with delusio and hallucinations. Some may develop cardiac arrhythmias, circul tory collapse, convulsions, coma, and respiratory failure.

The oral median lethal dose for the mixture of the two drugs w greater than 525 and 1839 mg/kg in mice and rats, respective (approximately 10 and 58 times the maximum recommended hum daily oral dose on a mg/m² basis). The oral median lethal dose f loratadine was greater than 5000 mg/kg in rats and mice (greater th 2000 times the maximum recommended human daily oral dose on mg/m² basis). Single oral doses of loratadine showed no effects rats, mice, and monkeys at doses as high as 10 times the maximu recommended human daily oral dose on a mg/m² basis.

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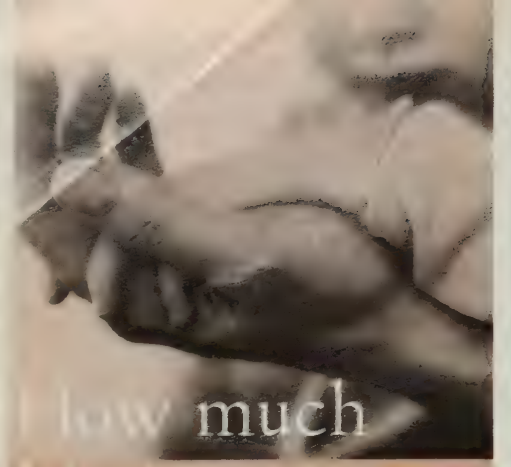
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Life insurance can guarantee that the financial needs of those who depend on you will be met at the time of your death. Since everyone's needs are different, the best way to determine your life insurance needs is to talk to a professional life insurance agent or other financial advisor. However, here are some simple steps to help you calculate your needs. First, evaluate all sources of income available to your family if you die. Next, consider the following factors:

- Your immediate needs at the time of death, such as final illness expenses, taxes and burial costs
- Funds for your family's "readjustment period," to finance a move or to provide time for family members to find jobs
- Ongoing financial needs, such as monthly bills, expenses and day-care costs
- Long-term expenses, such as college tuition and retirement

Although there is no substitute for talking to a professional advisor about your needs and options, one rule of thumb is to buy life insurance that is equal to five to ten times your gross annual income.

For a worksheet to help you determine your life insurance needs, or for more information about life insurance, call 888-LIFE-777, or visit http://www.life-line.org.

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Each kit contains a full-color photo of the project, Fiddler's cloth cross-stitch fabric, embroidery floss, braid trim, raffia, terra-cotta saucer, self-adhesive cardboard backing, hanger, needle, cross-stitch chart, and instructions. The price per kit is $19.95, which includes shipping, handling, and applicable sales tax.

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t's for the people who live.

Paul's wife died six months after their son was born. Because she had enough life insurance, Paul was able to work part-
ne and be home with their son, Matt, as much as possible.

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ild's education, would your financial plan guarantee a secure future for your family?

Life insurance helped Paul and Matt get on with living. To find out more about life
surance and how it can help provide a strong foundation for your family's financial
curity, talk to a life insurance agent or other financial advisor.

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A/C Service Reminder

Don't make your central air conditioner sweat through another summer as it operates at less-than-peak efficiency. Make sure it gets the annual attention it deserves.

Central air conditioners are complex, so yearly checkups should be done by a pro. In most regions, $40 to $60 will pay for a certified heating-and-cooling contractor to come to your home, thoroughly clean the unit, oil the motor, and check the refrigerant level.

Running a dirty or poorly lubricated air conditioner will decrease its efficiency and shorten its life. Units with low refrigerant levels will not cool adequately and suck up money and energy as they struggle to keep up.

If the cost of energy hasn't risen but your electricity bills are skyrocketing, your air conditioner may be getting old and tired. Replacing now instead of waiting for it to breathe its last breath is often the best option. Over time, the energy savings will repay the initial cost.





Cleaner-Air Lawn Care

For many people, fueling up the mower and cutting the grass each week are as routine as fueling the car and driving to work. But in most cases, mowing the lawn creates a lot more pollution. In fact, you'd have to drive a new car about 340 miles to emit the same amount of air pollution most mowers emit in an hour.

To reduce your mower's harmful effects on the environment, start with a tune-up. Following the manufacturer's instructions, replace the oil, air filter, and spark plug. Then, adjust the carburetor and sharpen the blades. If you're not handy with small engines, many repair shops will perform such routine maintenance for about $30. The annual engine maintenance will keep your mower running smoothly, and the sharp blades will slice through the grass with minimum effort from the engine.

Next, try to reduce the amount of time you spend with the mower running. Find the pattern that lets you mow your yard the fastest. And if you bag your clippings, turn the mower off while you're loading and unloading the bag. Most clippings decompose naturally, so unless your grass is extremely thick, there's no need to bag. Finally, take extra care when you fill your mower's gas tank, and don't fill it all the way to the top. According to a press release from the Environmental Protection Agency, garden-equipment users across the nation inadvertently spill about 17 million gallons of fuel each year while filling their outdoor power equipment.

If you're in the market for a new mower, check into gas-free alternatives, such as reel-type push mowers and battery-powered electric models.

Internet Recycling Guide

In the past decade we've integrated the word *recycling* into our vocabularies and the practice into our lives. But sometimes we all get stuck with a recyclable that we don't quite know where to deposit. Use the Internet to find out. Visit the site at *www.obviously.com/recycle* and you'll find a number of recycling guides. Among them is a guide for hard-to-recycle materials that tells you the proper destinations for such items as polystyrene packing peanuts, batteries, and carpets. Other guides include "the world's smallest comprehensive recycling guide," and a guide to curbside recycling. This Internet site also offers a host of tips to help prevent unwanted mail—a great way to avoid recycling by stopping waste at its source.



After all, when you live in San Marcos, Texas, the spring-fed river is perfect for everything from swimming to fishing to relaxing under a shady tree.

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Although protecting the environment is a global problem, we think the best place to start is in our own communities. And that's why Wal-Mart has been involved with the environment for years. Because we live here too. And we believe good works.

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Emotional Intelligence

by Jane Shorer Meisner

Parents can teach their children how to understand and manage human emotions, encouraging the development of "internal assets," such as integrity, honesty, restraint, empathy, decisiveness, and friendship-making skills.



Rachel, age 13, and her friend arrived at the meeting place—a gazebo near the front gate of Disney's Magic Kingdom—out of breath and laughing. "We just went on the most awesome ride," Rachel gushed happily.

But her parents weren't smiling—they were ready to ask park security to find their daughter. "You're 45 minutes late," her father said sternly. "Can you imagine how worried we were?"

"I don't know how *you* feel," Rachel snapped back defensively. "How could I?"

Suddenly her parents realized that they had more to be concerned about than a missed meeting time. At that moment, Rachel—a bright, healthy middle-class teenager—was showing very low emotional intelligence.

Focus on EQ as well as IQ

Parents and educators concerned about shaping kids into successful adults know it's important that Little Johnny can read, that he not be a couch potato, and that he be given ample opportunities to develop self-esteem.

In the past few years, though, another educational concept has made its way into the spotlight: cultivating an "emotional intelligence quotient"—or EQ.

John D. Mayer, a researcher and associate professor of psychology at the University of New Hampshire, and Peter Salovey, a Yale University psychology professor, coined the term "emotional intelligence" in 1990 after exploring the relationships between cognitive brain functions (such as memory, reasoning, judgment, and abstract thought) and affect (including emotions, moods, and feelings of fatigue or energy).

They describe emotional intelligence in this way: the ability to recognize how you and those around you are feeling, as well as the ability to generate, understand, and regulate emotions.

Once labeled, the concept of emotional intelligence spread rapidly. In 1995, Daniel Goleman, a psychologist and writer for *The New York Times*, expanded on the Mayer-Salovey theory, claiming that the art of understanding and managing human emotions "can matter more than IQ" in determining whether a person leads a successful life. Goleman's book, *Emotional Intelligence* (Bantam Books, 1995), spent 52 weeks on the *New York Times* Bestseller List and drew accolades from psychologists elated that human passions were finally being given due respect.

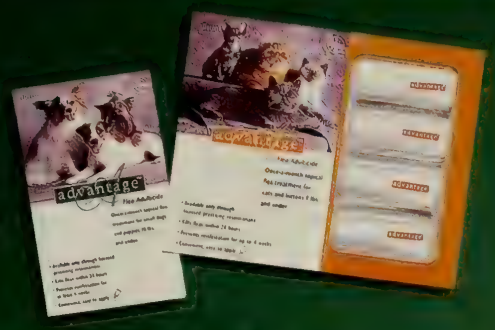
But is emotional intelligence really more important

continued on page 104

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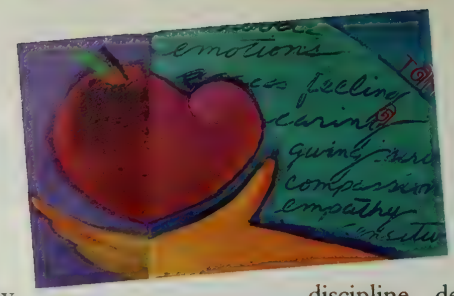
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Emotional Intelligence

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than IQ? Such claims are "wildly exaggerated," Mayer says. Still, he feels it makes sense that emotional intelligence has an important role in parenting, intimate relationships, and establishing friendships. And because of EQ's importance, teaching children to handle emotions more effectively is gaining enormous popularity.

For example, at Search Institute in Minneapolis, helping children to develop personal strengths is a major part of the philosophy. Peter L. Benson, institute president, says society has put too much focus on measuring IQ, and has not concentrated enough on encouraging "internal assets." These assets include caring, motivation to achieve, commitment to equality and social justice, integrity, honesty, responsibility, restraint, planning and decision-making abilities, self-esteem, a sense of purpose, and a positive view of personal future.

By the time a person reaches adulthood, emotional habits are fairly well set.

"It's just as important that we raise people who have strong social competencies," says Benson, author of *All Kids Are Our Kids* (Jossey-Bass, 1997) and *What Kids Need to Succeed* (Free Spirit, 1998). Of course, all could be learned in adulthood, he says, "But it's 10 times easier and a lot less expensive to do it early, as communities."

By the time a person reaches adulthood, emotional habits are fairly well set, agrees author Goleman. To change, an adult must unlearn, then relearn behavior—often with the help of a therapist.

How to develop children with high EQ

Emotional intelligence works along with personality styles or traits, Mayer says. People can be emotionally intelligent whether they are extroverts or introverts, warm or aloof, emotional or calm. It's the development of such attributes as conflict-solving skills, self-motivation, or impulse control that proponents agree can contribute much to a child's ultimate success.

"I hardly ever think of success in that traditional sense of career achievement," Benson says. "When we're talking about children and teenagers, we talk first about success being able to thrive, to demonstrate positive forms of behavior in a complex society, learning how to be a giver, a server of others in the community, knowing how to be a leader, and knowing how to take care of your own health."

Success also involves staying centered on a positive path to avoid "risk behavior"—violence; drug abuse; and too-early sex, alcohol use, and tobacco use.

The first opportunity for shaping emotional intelligence is in the earliest years, Goleman says. Hundreds of studies show that how parents treat their children in general—whether with warmth and nurturing or with harsh discipline—deeply affects a child's emotional life.

But parents and teachers can also intentionally guide

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WHAT PARENTS CAN DO

Parents can encourage the development of these internal assets in their children.

● HELPING PEOPLE
Regularly spend family time helping others. Volunteer at local shelters or nursing homes. Show care for your neighbors.

● GLOBAL CONCERN
Talk to your children about world disasters and countries where people are suffering, and discuss ways for your family to help.

● EMPATHY
Model mutual respect in the family. Do not tolerate insults, put-downs, name-calling, or bullying from any family member. Talk about how selfish or hurtful choices and behaviors affect other people.

● SEXUAL RESTRAINT
Make your family's expectations clear. Share with kids your personal values about why it's important for teenagers not to be sexually active. Teach and model appropriate ways to show affection.

● DECISION-MAKING SKILLS
Include your kids in family decisions that affect them. Give them a chance to talk, listen to them respectfully, and consider their feelings and opinions. Allow for mistakes; don't blow up at a poor decision. Instead, help kids learn from their errors.

● FRIENDSHIP-MAKING SKILLS
If your kids have few or no friends, try to find out why. Seek opportunities for your child to make friends through groups that include both younger and older kids, hobby clubs, or service organizations. Encourage kids to invite their friends to your home.

● PLANNING SKILLS
Give your children daily planners or date books and demonstrate how to use them. Ask them to tell you when they receive long-term assignments, and show them how to plan ahead so they're not overwhelmed at the last minute.

● SELF-ESTEEM
Celebrate each child's uniqueness. Find something special to value and affirm. Express your love regularly and often. Treat your children with respect. Listen without interrupting; talk without yelling.

● HOPE
Inspire hope by being hopeful. Don't dismiss your children's dreams as naive or unrealistic. Instead, share their enthusiasm. Eliminate pessimistic phrases from your family vocabulary. Replace "It won't work" with "Why not try it?"

● ASSERTIVENESS SKILLS
Teach your kids the difference between assertiveness (positive and affirming), aggression (negative and demanding), and passivity, which induces vulnerability. Point out examples of these behaviors in movies and TV programs. Teach kids to stick up for themselves instead of going along with the crowd because it's easier.

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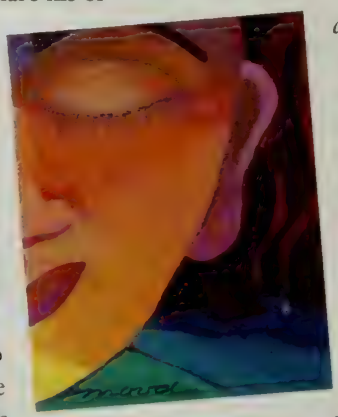
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Emotional Intelligence

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children to develop emotional skills. Adults can teach empathy, Goleman says, by simply expressing their own feelings frequently, pointing out another person's feelings, and encouraging the child to share his or her feelings.



Children develop optimistic outlooks when they observe their parents' optimism, adds Lawrence E. Shapiro, author of *How to Raise a Child with a High EQ—A Parents' Guide to Emotional Intelligence* (Harper Collins, 1997). Shapiro, who frequently uses creative games to teach, suggests the "Stay Calm" game to develop anger control. While one child concentrates on playing pick-up sticks, another child is allowed to tease him in any way he likes, as long as he doesn't actually touch him. Each player gets one point for picking up each stick, and two points for showing no reaction to the teasing.

To build problem-solving techniques, Shapiro makes a deck of 20 or more index cards, each describing a real-life problem relevant to the players (such as what to do when your sister takes your things or how to handle an upcoming difficult test).

The children are allowed to write an "X" or an "O" on a tic-tac-toe diagram each time they offer an appropriate solution to a problem.

The curriculum of social skills used by Father Flanagan's Boys' Home in Boys Town, Nebraska, has been successful for 20 years, according to Tom Dowd and Jeff Tierney, authors of *Teaching Social Skills to Youth—A Curriculum for Child-Care Providers* (Boys Town Press, 1992). Their simple and pragmatic approach can also be used by parents. For example, if your son or daughter has a problem accepting criticism from a teacher or after-school work boss, or shows a lack of sportsmanship, or is dealing with grief issues, you can walk through the following steps to help them develop emotional intelligence.

How to accept criticism or a consequence: 1. Look at the person criticizing you to show you are paying attention (but don't stare or make faces). 2. Say "OK" (but not sarcastically) and nod your head to show you understand what the other person is saying. 3. Don't argue; remember that the person who is giving criticism is only trying to help.

Parents can teach empathy simply by expressing their own feelings frequently.

How to appropriately accept winning (a more advanced social skill): 1. Look at the person or members of the team who lost. 2. Remain pleasant but do not be overly happy or celebratory. 3. Congratulate the other person or team for a good game and for trying. 4. Don't boast about winning.

How to express grief—a complex part of emotional intelligence: 1. Find an appropriate person to talk to. 2. Discuss your feelings of grief. 3. Feel free to cry or release hurt feelings as needed. 4. Ask for advice, if needed, or consider seeking professional assistance.

"With emotional intelligence, people are really scared that they have it or they don't have it, and that's a shame because it doesn't work that way," Mayer says. "Most people have enough emotional intelligence to maneuver, and more importantly, everybody can learn." ⌂

Brief Summary of
Prescribing Information as of October 1996

ALLEGRA™
(fexofenadine hydrochloride) Capsules
60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associated
seasonal allergic rhinitis in adults and children 12 years of age and o
Symptoms treated effectively include sneezing, rhinorrhea, i
nose/palate/throat, itchy/watery/red eyes.

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hypersensitivi
any of its ingredients.

PRECAUTIONS

Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg twice
(twice the recommended dose) was co-administered with erythrom
500 mg every 8 hours or ketoconazole 400 mg once daily under ste
state conditions to normal, healthy volunteers (n=24, each study)
differences in adverse events or QTc interval were observed w
subjects were administered fexofenadine hydrochloride alone o
combination with erythromycin or ketoconazole. The findings of th
studies are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokinetics After 7 Days of Co-Administration with Fexofenadine Hydrochlo 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max,SS}$ *(Peak plasma concentration)*	$AUC_{SS}(0\text{-}12h)$ *(Extent of systemic exposu*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The mechanisms of these interactions are unknown, and the potentia
interaction with other azole antifungal or macrolide agents has not b
studied. These changes in plasma levels were within the range of pla
levels achieved in adequate and well-controlled clinical tr
Fexofenadine had no effect on the pharmacokinetics of erythromyci
ketoconazole.

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofena
hydrochloride were assessed using terfenadine studies with adeq
fexofenadine exposure (based on plasma area-under-the-curve [A
values). No evidence of carcinogenicity was observed when mice and
were given daily oral doses of 50 and 150 mg/kg of terfenadine for 18
24 months, respectively; these doses resulted in plasma AUC value
fexofenadine that were up to four times the human therapeutic v
(based on a 60-mg twice-daily fexofenadine hydrochloride dose).
In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutat
and Rat Lymphocyte Chromosomal Aberration assays) and in-
(Mouse Bone Marrow Micronucleus assay) tests, fexofenad
hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increa
in postimplantation losses were observed at oral doses equal to
greater than 150 mg/kg of terfenadine; these doses produced plas
AUC values of fexofenadine that were equal to or greater than 1
times the human therapeutic value (based on a 60-mg twice-d
fexofenadine hydrochloride dose).

Pregnancy
Teratogenic Effects: Category C. There was no evidence of ter
genicity in rats or rabbits at oral terfenadine doses up to 300 mg
these doses produced fexofenadine plasma AUC values that were u
4 and 37 times the human therapeutic value (based on a 60
twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant wom
Fexofenadine hydrochloride should be used during pregnancy only if
potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain
survival were observed in rats exposed to oral doses equal to and gre
than 150 mg/kg of terfenadine; at these doses the plasma AUC value
fexofenadine were equal to or greater than 3 times the human therape
values (based on a 60-mg twice-daily fexofenadine hydrochloride dos

Nursing Mothers
There are no adequate and well-controlled studies in women du
lactation. Because many drugs are excreted in human milk, cau
should be exercised when fexofenadine hydrochloride is administere
a nursing woman.

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under
age of 12 years have not been established. Across well-controlled clin
trials in patients with seasonal allergic rhinitis, a total of 205 patie
between the ages of 12 to 16 years received doses ranging from 20
to 240 mg twice daily for up to two weeks. Adverse events were simila
this group compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, recei
doses of 20 mg to 240 mg of fexofenadine twice daily for up to two we
Adverse events were similar in this group to patients under age 60 ye

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 patients recei
fexofenadine hydrochloride at doses of 20 mg to 240 mg twice d
adverse events were similar in fexofenadine hydrochloride and place
treated patients. The incidence of adverse events, including drowsine
was not dose related and was similar across subgroups defined by a
gender, and race. The percent of patients who withdrew prematu
because of adverse events was 2.2% with fexofenadine hydrochlo
vs 3.3% with placebo. All adverse events that were reported by gre
than 1% of patients who received the recommended daily dose of fexof
adine hydrochloride (60 mg twice-daily), and that were more common
fexofenadine than placebo, are listed in the following table.

Adverse Experiences Reported in Placebo-Controlled Seasona Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Dail (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Adverse events occurring in greater than 1% of fexofenadine hydroch
ride-treated patients (60 mg twice daily), but that were more commor
the placebo-treated group, include headache and throat irritation.
The frequency and magnitude of laboratory abnormalities were simila
fexofenadine hydrochloride and placebo-treated patients.

Prescribing Information as of October 1996

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Boy Meets Girl: Now What?

Guidelines for parents of preteens and teens

by Allison Berryhill

The dress I bought for my junior prom resembled black cellophane. It was backless, braless, suspended by shoulder straps the width of dental floss.

"Exquisite!" said my friends.

"Return it," said my mother.

A quarrel ensued, ending abruptly with my mother's coup de grâce: "Let your father decide." My father? This dress was to be donned in the shadows of moonglow, not paraded across the living room in broad daylight for my father to scrutinize! My mother rested her case: If I was embarrassed to show it to my father, I had no business wearing it to a high school dance. I returned the dress.

The Black Dress was a minor skirmish on the rugged battlefield of dating where my parents and I clashed throughout my teen years. When to date, who to date, where to go? Each aspect gave rise to questions of propriety and limits.

So it is with wariness borne of experience that I now face my own children's dating years.

Fortunately, experts say it's possible for kids to safely navigate the dating scene, and parents (we dinosaurs on the sofa) can help.

Discuss your dating stories

Like a garden that looks manageable one day—then overgrown with weeds the next—adolescent boy-girl socializing can go from innocent to ardent, mild to wild with little

continued on page 110



-ORIGINAL-



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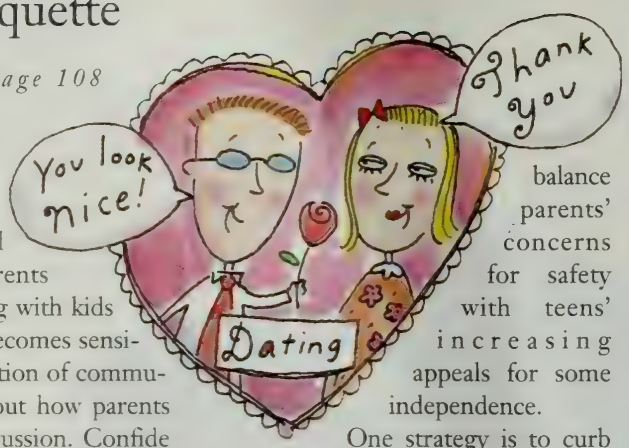
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Dating Etiquette

continued from page 108



warning. According to Jeanne Elium, author of *Raising a Family* (Celestial Press, 1997), parents should discuss dating with kids before the subject becomes sensitive, laying a foundation of communication. Stories about how parents met can initiate discussion. Confide what parts of dating were positive, scary, embarrassing, fun. "Ask kids what they see as the purpose of dating—tell your view," Elium suggests.

No pairing in pre-dating

Kids as young as 10 and 11 may talk of "boyfriends," "girlfriends," or "going together." Such chatter isn't usually cause for alarm, but parents should discourage one-to-one pairing.

"Parents need to be pretty conservative," says Mary Mitchell, author of "Dear Ms. Demeanor," a syndicated column that answers teens' etiquette questions. "There are pressures for kids to act older."

Avoid guest lists that pair kids as couples. Participation in youth groups and coed athletics lets boys and girls mingle in low-key ways. Such experiences reduce their awkwardness when they later date.

Supervise beginning daters

By age 14 or 15, kids may ask to date "solo" (one boy, one girl), though group activities can still meet many social needs. "Kids today aren't as likely to date as a single couple," says Elium, applauding the group trend.

This age also brings new anxieties. "The beginning of wisdom is admitting what you don't know," Mitchell says, laughing, "and kids won't admit what they don't know." But they're really grateful, says Mitchell, if you give them useful information, such as how to introduce themselves or how to accept and give compliments.

The move to solo dating calls for creativity and nimble negotiation to balance parents' concerns for safety with teens' increasing appeals for some independence.

One strategy is to curb unsupervised, solo dating while providing well-chaperoned group get-togethers. "Now is the time to invest in a Ping-Pong table," says Elium, urging parents to keep kids active.

"Teens like to gather with nothing constructive in mind," she says, "and this can lead to inappropriate behavior." Instead, she suggests parents guide teens to industrious alternatives, such as building a gazebo, baking a cake, designing a Frisbee golf course, or tie-dying T-shirts. Planned activities provide focus, relieve self-consciousness, and allow teens to hone social skills.

Practice formal dating

Marcy Bice, 16, says that most teens in her Illinois high school move in and out of relationships lasting from a few weeks to several months. The casual, group trend has rendered the traditional solo dating rare, she explains, though kids still pair up for dances. Formal occasions call for plenty of protocol. Parents can help by anticipating—and teaching—skills needed to survive the "big date" with self-esteem intact.

"Use humor," suggests Saran Robinson, whose fourth son is entering his teens. "I tell my son: 'Listen, your date is going to do some strange things.' Then I give him a play-by-play from a female perspective, forecasting various disasters. We laugh a lot, and it gives me a chance to go over the corsage, the restaurant, saying good night."

And practice makes perfect—or at least less clumsy. Fathers can watch for opportunities to offer their daughters gestures of courtesy: helping with a coat or pulling out a chair at dinner. Don't let the junior prom be the first time your daughter experiences a door held for her.

Is it OK for girls to ask boys out? "Absolutely," says Marcy, and her older brother Curt agrees. Letitia Baldrige, author of *More than Manners* (Rawson Associates, 1997), reminds girls, "Whoever does the asking must make the arrangements and pay for everything."

The Bice teens allow for a little more flexibility: "Some dates, like homecoming, are expensive," says Marcy. "There's the tickets, dinner, flowers. The money part gets worked out mutually, in advance."

PRE-DATING:
Kids should know to...

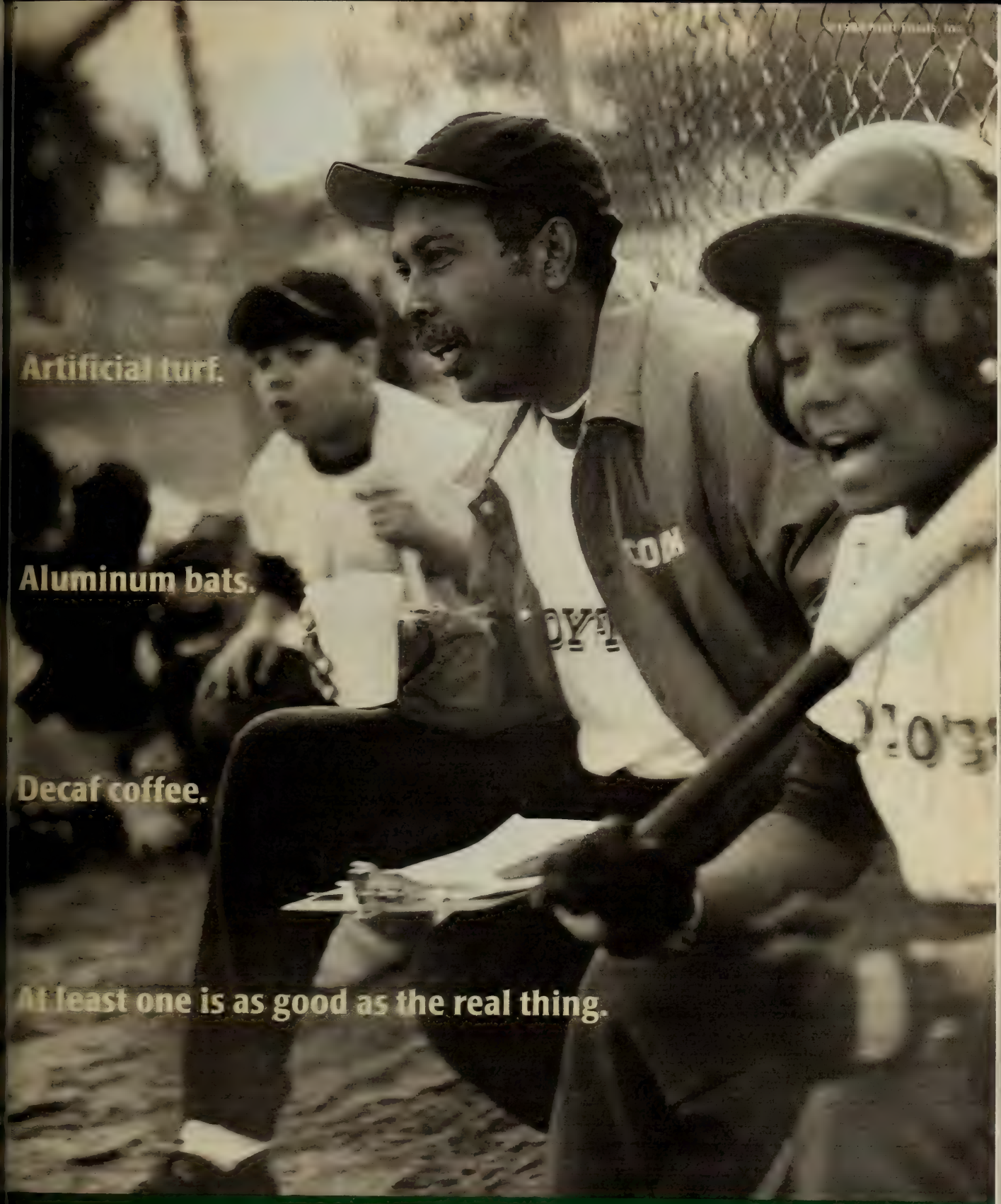
- Say please and thank you.
- Greet everyone in the room and smile.
- Never criticize arrangements.
- Call others' parents by "Mr. and Mrs." unless told otherwise.
- Thank the host before leaving.
- Say something nice after a gathering. "It was fun making doughnuts yesterday."

EARLY DATING:
Kids should know how to...

- Draw others into conversation.
- Be affirmative. Letitia Baldrige says, "When people are being critical, it means they're uncomfortable. Find something positive to say."
- Introduce friends and parents.
- Extend invitations in a way that allows another to gracefully decline.
- Use proper phone etiquette.
- Be prompt.

FORMAL DATING:
Kids should know how to...

- Give and receive compliments.
- Make necessary arrangements.
- Stand for pictures.
- Practice doorway etiquette.
- Ask for a dance.
- Accept a dance (no declining).
- Check a coat.
- Order from a menu.
- Leave a tip.
- Dress for the occasion.



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Buying Guide

continued from page 95

410/931-8940, West Coast; 818/912-1119. **Exposed wood chair,** from the Premiere Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Armoire,** C94-153-4500T—Spiegel; 800/345-4500. **Armoire paint,** SW1804 (holland tile); **trim,** SW1714 (loud lime)—Sherwin-Williams; for a store near you call 800/474-3794. **Table lamp,** 147-958—Crate & Barrel; for a store near you call 888/249-4155. **Citrus bowl,** 98233; **flower vase,** 98232—Dansk Int'l. Designs, Inc.; 800/293-2675. **Wall prints**—The Art Store; 800/652-2225.

Pages 200–201: sleigh bed, 201-189; **linen storage wardrobe,** 302-311; **round lamp table,** 201-940—Lexington Furniture Ind.; for a dealer near you call 800/539-4636. **Bed linens,** "Beach House"—Martex; for a store near you call 800/533-8229.

Pages 202–203: armoire, table, **and chairs,** from the Maison Lenoir Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Blue-and-white porcelain**—Mottahedeh; for a store near you call 800/242-3050. **Sisal rug,** 74-982298—Pottery Barn; 800/922-5507.

FAMILY-ON-THE-GO KITCHENS

Page 207: side-by-side refrigerator/freezer, TPX21BRX (White Glass)—GE Appliances, GE Answer Center; 800/626-2000. **Microwave oven,** R5A98 (White)—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277. **Chair**—Pastel Casual Furniture, 2665 Leonis Blvd., Los Angeles, CA 90058.

Pages 208–209 (*top left*): cabinets, "Marlena" (Vitricor Silver)—Les Care, 1 Les Care Dr., Waterbury, CT 06705; 800/811-9390. **Sink,** "Ballard Triple Basin" (Stainless Steel)—Kohler Co., Kohler, WI 53044; 800/456-4537. **Cooktop,** GGSCV36 (Black Glass); **downdraft vent,** "Cook 'n Vent"—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/735-4328. **Dishwasher,** no. 1355 (Black with panel insert)—ASKO, Inc., P.O. Box 851805, Richardson, TX 75081-1805; 800/367-2444. **Pendant lights,** "Lytesystem Monopoints"—Lightolier, Inc., 631 Airport Rd., Fall River, MA 02720; 800/215-1068. **Window shades,** "Evenpleat"—Springs Window Fashions, Div. of Springs Ind., 7549 Graber Rd., Middleton, WI 53562-1096; 800/356-9102. (***Bottom left*): chair**—Pastel Casual Furniture, 2665 Leonis Blvd., Los Angeles, CA 90058. **Desk lamp**—Target Stores; for store locations call 800/800-8800 (assortment of merchandise varies by store). (***Right*): cabinets,** "Marlena" (Vitricor Silver)—Les Care (address above).

Pages 210–211 (*left*): dual-fuel cooktop, SGM 464—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Dishwasher,** kuoP230B (Black with panel insert)—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Cabinets** (Cherry)—L&Z Specialties, 4020 SE. 56th Ave., Portland, OR 97206; 503/774-5322. **Table, chairs, and stools,** "Potocco"—Roche-Bobois USA; for product information call 800/972-8355. **Pendant lighting**—Rejuvenation Lamp & Fixture Co., 1100 SE. Grand Ave., Portland, OR 97214. **Sink,** kSDCU undermount (Stainless Steel)—Kindred Ind., P.O. Box 190, Midland, ON, Canada L4R 4K9 Canada; 800/465-5586. **Faucet,** "Provence," k-14502—Kohler Co. (address above). **Granite countertops** (Juperano)—Natural Stone Design, 18880 SW. Teton, Tualatin, OR 97062; 503/612-8600. (***Right*): side-by-side refrigerator/freezer,** TPx21 (Black with panel inserts)—GE Appliances, GE Answer Center; 800/626-2000.

Pages 212–213 (*right*): table, chairs, "Potocco"—Roche-Bobois USA (address above). **Chandelier**—Rejuvenation Lamp & Fixture Co. (address above).

Page 214 (*bottom left*): cabinets (Cherry)—L&Z Specialties (address above). **Side-by-side refrigerator/freezer,** TPx21 (Black with panel inserts)—GE Appliances, GE Answer Center; 800/626-2000.

RICE

Pages 218-219: green dot bowl, "Left Bank"—Rosanna, 1239 South King St., Seattle, WA 98144; for a store near you call 206/325-8883. **Green and yellow mugs,** "Elipse"—Lyndt Stymeist through Pottery Barn; for customer service and store information call 800/922-9934. **Yellow striped mug**—Gmunder Keramik through Landhaus Inc., 196 Ridgefield Ave., South Salem, NY 10590; 914/763-3882.

Pages 222-223 (*bottom left*): small hand-painted terra-cotta bowl, from Provence—Krispen, 3723 Westheimer, Houston, TX 77027; 713/621-4404. (***Top and bottom right*): pierced apple green plate, orchid and green oval bowls,** by Barbra Eigen—Eigen Arts, 150 Bay St., Ninth Floor, Jersey City, NJ 07302; 201/798-7310.

Page 224 (*top*): green 4x8-inch etched glass dish—Izabel Lam International, Pier 41 Van Dyke St., Brooklyn, NY 11231; for store information call 718/797-3983. (***Bottom*): stacked pastel salad plates,** "Terrace Colors"—The Pfaltzgraff Co.; for store information call 800/499-1976.

Page 240: green faience cake stand, "Ursula"—Royal Copenhagen; 800/546-5253.

PRIZE TESTED RECIPES*

Page 249 (*right*): salad plate—William Wayne, 850 Lexington Ave., New York, NY 10021; 212/288-9243.

READER SHOPPING

Page 168: Mountain Fire Shrub—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 174: Patio Pond Kit—Water Creations, 2507 E. 21st St., Des Moines, IA 50317.

Page 182: Shady and Sunny Perennial Packages—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 225: Rice Sampler—Indian Harvest Specialtifoods, P.O. Box 428, Bemidji, MN 56619; www.indianharvest.com.

Page 264: Butterfly Collection—Shepherd's Garden Seeds, 30 Irene St., Torrington, CT 06790. **Lite Vision Binoculars**—Bushnell Sports Optics Worldwide, 9200 Cody, Overland Park, KS 66214. ***Green Fun: Plants as Play* Book**—Firefly Books, Ltd., 3680 Victoria Park Ave., Willowdale, ON, Canada M2H 3K1. ***Nature in Your Backyard* Book**—Millbrook Press, 2 Old Milford Rd., Brookfield, CT 06804. **Butterfly Shelter Kit**—Walnut Hollow, 1409 State Rd. 23, Dodgeville, WI 53533.

Architects & Designers

IDEA-PACKED CLOSETS

Page 42: interior designer—Jeffrey King, Jeffrey King Interiors, 379 Hamilton Row, Birmingham, MI 48009; 810/646-3353.

Page 44, 46: architect—Sheryll Jackman, The Jackman Group, 956 Orange Ave., Coronado, CA 92118; 619/435-7025.

EASY LIVING HOUSE

Page 50: architect—Paul H. Kreuger, AIA, ASLA, Kreuger Associates, Inc., 147 Sherman St., Cambridge, MA 02140; 619/491-8200. **Interior designer**—Lisa Vandenburgh Ltd., 410 Boylston St., Boston, MA 02116; 617/247-1596. **Contractor**—John Hopkins, Augustus Construction, Inc., P.O. Box 908, Truro, MA 02666. **Landscape contractor**—Gregory Morris, Truro, MA 02666; 508/349-9083.

GARAGES THAT BELONG TO THE HOUSE

Page 62: contractor—JRC Construction, P.O. Box 165, Whitestown, IN 46075; 317/769-6567.

Page 64: architectural designer—Salter Assoc., 52 Pleasant St., Norwell, MA 02061; 617/659-1229.

Page 66: architect—Terry L. Bradbury, AIA, 335 N. East St., Indianapolis, IN 46202; 317/634-3366. **Builder**—Stroup & Sons, 555 Deerfield Lane, Martinsville, IN 56151; 765/342-9478. **Landscape architect**—Ken Remenschneider, Remenschneider Assoc., P.O. Box 30014, Indianapolis, IN 46230; 317/255-4080.

Page 68: builder—Kenny Wolf, 2140 S. State Rd. 421, Zionsville, IN 46077; 317/873-2080.

PUTTING ON A FRESH FACE

Pages 90–92: designer/contractor—Bill Raysbys, Raysbys Development, 580 S. Edson, Lombard, IL 60148; 888/729-7297.

NO NEED TO WEED

Pages 156–160: designer—Kathleen Nelson Perennials, 55 Mud Pond Rd., Gaylordsville, CT 06755; 860/355-1547.

PUTTING THE TROPICS IN A POT

Pages 185–192: designer—Dennis Schrader, Landcraft Environments, 1200 E. Mill Rd., Mattituck, NY 11952; 516/298-3510.

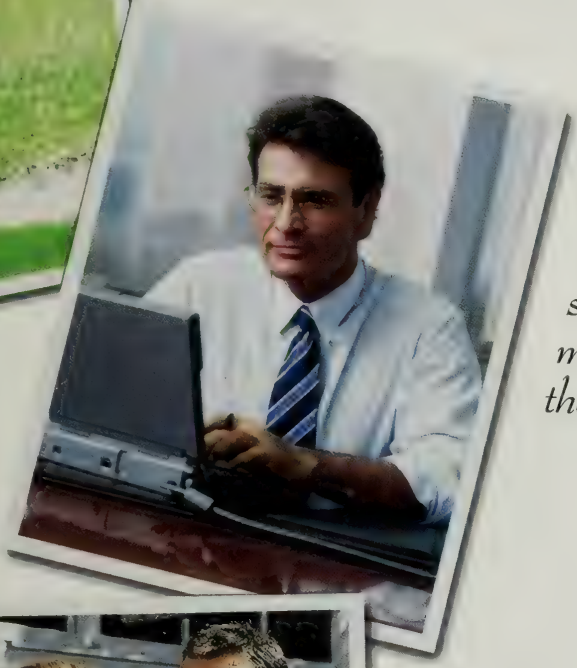
FAMILY-ON-THE-GO KITCHENS

Pages 207–209: contractor—Mike Klamann, 710 Setliff Pl., Nashville, TN 37026; 615/226-5125.

Pages 210–214: architect—John Hasenburg, 2104 NE. 45th, Portland, OR 97213; 503/281-3313. **Contractor**—Rob Hehlen, The Hehlen Company Remodelers, 4004 SE. Woodstock, Portland, OR 97202. **Kitchen designer**—Patty Hartford, 26940 SW. Grahams Ferry Rd., Sherwood, OR 97140; 503/682-0522.



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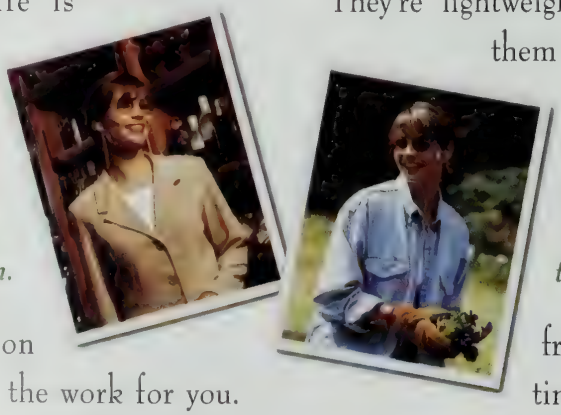
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by Michele Meyer

Growing Up So Fast

Girls today are maturing faster than ever and they need your help

Tiffani Shinn burst into tears when she got her first period. And who could blame her?

She was only 9½.

"It scared her because she was the first one among her friends," recalls her mom, Kari Lee, 35. "She told me, 'This can't be normal,' but I assured her that it was her coming of age—that it was a good thing."

Though Tiffani's menses didn't surprise her mother (the young girl already was curvaceous) many parents today are caught off guard by their quickly maturing daughters.

"Early menarche has become increasingly common," says Dr. Susan M. Coupey, a pediatrics professor at Albert Einstein College of Medicine and Montefiore Medical Center in New York City. "Studies show the average girl menstruates at 12—four years earlier than her grandmother. By age 10, on average, she's developing breasts, hips, and pubic hair."

According to a study of 17,000 girls published last year in *Pediatrics*, the journal of the American Pediatrics Association, 48 percent of African-American girls and 15 percent of white girls had started developing breasts and pubic hair by age 8. Menses occurred at 12 years in African-American girls and at 13 years in white girls.

So why are girls growing up so fast? The main reason: better nutrition. "Now, even most poor Americans get enough to eat," says Dr. Coupey. "Puberty is triggered in

continued on page 116


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Growing Up

continued from page 114

part by the ratio of lean body mass to fat." Most girls reach puberty when they hit 100 pounds and about 18 to 22 percent body fat.

Girls today are taller and heavier. Twenty-one percent of teenagers were overweight in 1988, an increase of 6 percent from earlier years, according to the Centers for Disease Control in Atlanta. The obesity rate is higher among African-American girls in this country than among white girls.

Improved and more accessible medical care also has kept kids free of growth-thwarting chronic infections, such as tuberculosis.

The effect of early puberty does take a toll. "Girls may go through physical puberty before age 12, but their brains don't develop their adult-thinking capabilities until they're 13 or older," says Dr. Robert T. Brown, a pediatrics professor and director of adolescent medicine at Ohio State University College of Medicine in Columbus.

"These girls have a woman's body and a child's mind. They can have significant problems with men, who treat them based on the way they look. They don't have the mental defenses to deal with it," he says.

Studies show that early maturers are two to four times more likely to smoke, drink, have sex, or disengage from school. They also have more eating problems and more negative body images. "The post-puberty male body is very admired in our society for becoming taller, more muscular, and having a five o'clock shadow," Dr. Coupey says. "But the changes in puberty are not so admired in women. It means having bigger hips and being fatter. Most girls don't want the changes, whereas boys do."

A poll of 9- to 15-year-olds by the American Association of University Women found that 60 percent of elementary school girls said, "I'm happy the way I am." Only 29 percent of high school girls said they felt the same way.



Early maturers are two to four times more likely to smoke, drink, have sex, or disengage from school.

Helping your daughter. So what can you do as a parent to help guide your daughter through early puberty? Here's what the experts suggest:

- Be an "askable" parent. "You want to be nonjudgmental so your daughter doesn't fear condemnation when she brings an issue to you," says Bernice T. Humphrey, director of the Girls Incorporated Healthy Girls Initiative. Girls Incorporated is a national organization committed to helping girls grow strong and smart. "If you don't watch for those windows of opportunities and respond honestly, children may not bring up this or more serious subjects."
- Start talking about sex and drugs early, says Dr. Felicia Stewart, director of Reproductive Health Programs for the Kaiser Family Foundation in Menlo Park, California. "If these are topics that can be talked about in your family when your kids are 7, you'll be much more able to talk about them when your kids are 9, 11, or 13 and aren't as eager to listen."

Books, pamphlets, TV dialogue, and music lyrics all can be used as a springboard to launch a chat. "It's not a matter of choreographing a big speech," says Dr. Stewart. "The easiest way to communicate is by being open as questions occur during everyday living."

If your daughter seems moody or morose, you may try an indirect approach, saying, "Gee, I read in a magazine that lots of girls feel fat and are dieting. How do you feel about that?" Also, talk about your experience as a girl, which can normalize the experience, says Emily Hancock, a psychologist in Berkeley, California, and author of *The Girl Within*. "But don't pretend you never made mistakes. Another error is saying, 'Oh, I know how you feel.' That can make her angry."

Girls also are super sensitive to comments about changes in their bodies, especially in front of their fathers and other men, says Jeanne Brooks-Gunn, a child development professor at Columbia University Teachers College in New York. Don't mention bra shopping or related topics at the dinner table. "Your intentions may be good," Brooks-Gunn says, "but girls tell us that they see this as teasing."

- Use the media to your advantage. When Kari was concerned about how much makeup Tiffani was wearing, she pointed out articles in her daughter's teen magazines that quoted boys saying they liked the natural look. "All of sudden she doesn't wear half the makeup she used to."

Talk about women people admire for more than their looks, such as Oprah Winfrey and actress Janeane Garofalo, Hancock says. If your daughter measures herself against the seemingly perfect women in

continued on page 118

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Growing Up

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magazines or on TV, point out how they have been perfectly made up, lit with soft lights, or airbrushed to appear more beautiful than they are. "You can help your daughter realize that real women and advertising images are two different things," Hancock says. "It's futile and demoralizing to strive to be one thing when you are the other."

• Steer your daughter toward friends her own age. Set curfews and dating limits, and propel her toward activities that target her peers, says Brooks-Gunn.



Steer your daughter toward friends her own age.

"My studies show that girls whose friends are the same age don't have the behavior problems of those with older friends."

Encourage other pursuits. As your daughter transforms from a child to a woman, others will react to her differently. So take the focus off her body by emphasizing your daughter's academic, athletic, and social achievements.

Expose her to a broad range of activities so she can find something she wants to get involved in, says Ruth Striegel-Moore, chair of the psychology department at Wesleyan University in Middletown, Connecticut, and mother of an 11-year-old girl. Sports, such as track and soccer, are ideal because her newly sturdy thighs and extra fat stores will make her powerful. But, Striegel-Moore says, you may want to avoid environments where there is a high value placed on appearance, such as beauty pageants, ballet, and figure skating.

"I'd recommend activities that emphasize teamwork, strength, and character development," she says.

The rest of the family also needs to get a life—and revel in it. "Pay attention to what you talk about at the dinner table. If your entire conversation is about designer clothes and makeup, kids will get the pretty clear message that's important in the family," says Mary Pipher, a psychologist and author of *Reviving Ophelia: Saving the Selves of Adolescent Girls.* "But if you are doing volunteer work, playing instruments, going to sporting events, and involved in your community, it gives your daughter a different message."

Boys will be boys. Your daughter may be able to cope better with some boys' taunts if she realizes that they're bothering her because they may feel threatened by her maturing

before them, says Ann Kearney-Cooke, director of the Cincinnati Psychotherapy Institute.

"Let her know that it's rough right now, but it's going to get better. Her body will stop growing, and other girls will catch up."

Encourage your daughter to ignore her tormentors so they'll cease. If they don't, you should talk to teachers about setting rules with consequences for inappropriate behavior, Striegel-Moore says.

When Tiffani developed curves at 11, she got more calls on Friday nights than her mom, who was then single. "I told her that some boys were interested more in her body than her mind," Kari says. "We agreed that if boys had dreams and hobbies in common with her, that was fine. But touching wasn't."

Making matters worse, though, was Tiffani's feeling of alienation from other girls. "She had some girl-friends she no longer played with because they were too babylike," Kari says. "Even emotionally, they were no longer on the same level. I tried to be there for her as a friend, so she wouldn't be as lonely until the others caught up."

A better body image. Admire your daughter's distinctive features, such as curly hair or a slightly crooked smile. Hancock says she once got into an elevator with a 10-year-old girl whose eyes were crossed and one of her feet turned in. "Nothing about her fit our classical idea of attractiveness, but she just got a brand-new pair of glasses." Her mother told the girl how pretty she looked in them. The girl beamed and said softly, "I know."

Don't obsess about your own weight or physical flaws in front of your daughter, warns Sharlene Hesse-Biber, associate professor of sociology at Boston College and author of *Am I Thin Enough Yet?* "If you're obsessed with your physical appearance, your daughter gets the message it's important, even if you say it isn't."

While you shouldn't advise your daughter to diet, you also shouldn't dismiss her feelings, Striegel-Moore says. "Let her know that this, too, shall pass. Prove it by showing your daughter old pictures of you and your friends when you were awkward adolescents. Most of us look a lot better than we did at age 11."

Three years after getting her first period, Tiffani has eased into her new body. At 13, she is surrounded again by friends who finally have caught up with her development.

"A month before Tiffani's birthday she was boasting, 'I'm a teenager,' " says her mom. "I'm not sure what that's supposed to mean, but she was pretty happy about it and that's what really matters." ⌂



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Putting the Squeeze on Toothpaste



A walk down the crowded toothpaste aisle can be a bewildering experience. Is there such a thing as a perfect paste?

by Patricia Hittner

Picking a toothpaste isn't as easy as it used to be.

This once-lowly staple has become big business, with annual sales of $1.5 billion. Toothpastes today come in a dizzying range of colors, flavors, and formulations. There are trendy dispensers for products that purport to whiten teeth, sweeten breath, calm sensitive molars, and even stop gum disease.

"As recently as 10 to 12 years ago, there wasn't that much of a choice for patients," says Dr. Kenneth Burrell, D.D.S., senior director of the American Dental Association's (ADA) Council on Scientific Affairs.

The number of manufacturers hasn't grown significantly, but each has a longer list of offerings. There are seven kinds of Crest, made by Proctor & Gamble, which are further divided into gels and pastes—some with baking soda and some without. Colgate-Palmolive Co. makes more than a dozen kinds of toothpaste. At least eight other serious contenders offer multiple formulations.

An ADA survey found that while more than half the adults in this country are increasingly concerned with caring for their teeth and gums, 56 percent were confused about what dental products to buy.

Do you really need all the extras on the end of your toothbrush? Which ingredients do what?

"There's a lot of hype about different and new things toothpastes do," says Dr. Eric Spieler, D.M.D., a dentist in Philadelphia who also lectures at the University of Pennsylvania School of Dental Medicine. "You can brush with plain old Acme fluoride toothpaste and have gorgeous teeth. If you brush and floss, use a regular toothpaste with fluoride, and get regular dental checkups, you'll do fine."

A matter of marketing. Dr. William van Dyk, D.D.S., an adjunct professor at the University of the Pacific in San Francisco and a dentist in San Pablo, California, says one difference is advertising. In the past, he explains, manufacturers emphasized various product attributes, such as spearmint taste or a clean, fresh feeling. Now, ad copy carries specific recommendations for conditions, such as gum disease or halitosis.

"A lot of manufacturers are taking their claims to the public, instead of trying just to convince the dentist or hygienist," Dr. van Dyk says. "They are trying to go

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THY ALLERGY CARE COMETH.

With three layers, not two, Kleenex® ColdCare® handles the wetness that comes with allergies.

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ColdCare® Ultra Comfort and ColdCare® with Lotion

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All your nose needs.™

Toothpaste

continued from page 120

around the usual experts."

Of course, you may simply like the taste and feel of a premium product. This could easily translate into better oral health if it encourages you to brush. Parents may want to invest in a flavored children's toothpaste if it gets kids to brush.

Choosing a toothpaste is also highly personal, and may even tug some emotional strings. Lin Vickery of Lunenburg, Massachusetts, says she only buys "natural" children's toothpaste for her 4-year-old daughter because that's what her dentist recommends. But Lin also likes that the paste she buys has fewer artificial ingredients than others.

Any toothpaste you buy should contain certain ingredients proven to work. There are also subtle differences between one toothpaste and the next. Here's what to look for on your next shopping trip:

• **The ADA Seal of Acceptance.** This seal means a toothpaste is safe and that it does what it says it will do. It has undergone independent clinical studies required by the ADA. Claims, such as cavity fighting and tartar control, are backed by scientific findings. The ADA also reviews all advertising claims before the public sees them.

Only about 60 percent of the dental products initially submitted meet ADA standards, says Dr. Burrell, administrator of the committee that reviews and votes on products. Manufacturers must reapply for the seal every three years, or any time they alter a product's chemical composition.

Many dentists recommend only toothpastes with the ADA seal, and it apparently weighs heavily on consumers. Slightly more than half the adults polled by the ADA said the seal influences which brands they buy.

After 20 years of selling toothpaste, Tom's Of Maine natural toothpaste received its first Seal of Acceptance in 1995 for three of its fluoride pastes—spearmint, cinnamon, and fennel. The company decided to apply for the seal after receiving inquiries from customers asking why its pastes didn't carry it.

Tammy Jones, 34, of Kennedale, Texas, says she won't even consider buying a brand without the ADA seal. "I value my teeth too much."

• **Fluoride.** Dentists now say everyone—not just kids—benefits from using toothpaste with fluoride, which strengthens teeth and reduces the incidence of cavities.

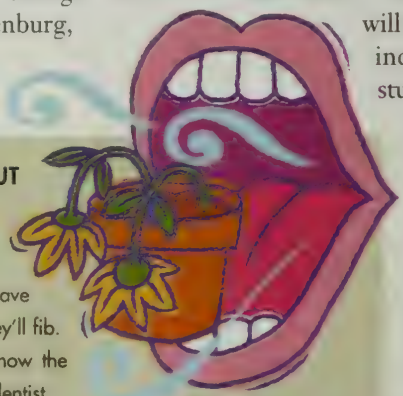
The percentage of fluoride, in relation to other ingredients, generally falls in the range of 0.1 to 0.6 percent. (This information is printed on the package.) Parents of young children should choose a paste with fluoride at the lower end of the scale in case their child accidentally swallows a large quantity, ingesting more fluoride than they should, says Dr. Kimberly A. Loos, D.D.S., a dentist in Sunnyvale, California. Most dentists recommend children under age six brush with a match-head-sized amount of toothpaste. Kids older than six can use more because they tend not to swallow it.

• **Tartar control.** If left alone, plaque forms tartar, a hard, brownish deposit that appears on your teeth despite regular brushing. Tartar control toothpastes contain chemicals known as pyrophosphates, which help reduce tartar. Some dentists, such as Dr. van Dyk, recommend tartar control pastes to all patients with healthy teeth and gums.

But don't expect miracles, he says. "No toothpaste scours teeth like we wish it would," Dr. van Dyk says. Also, pyrophosphates can't remove tartar that's already formed. To do that, you need to have your teeth professionally cleaned by the dentist.

• **Sensitive teeth.** Many adults have a receding gum line, which leaves part of the root exposed. A receding gum line—which becomes common

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WHAT TO DO ABOUT BAD BREATH

Never ask someone you love, or even like, if you have bad breath. Odds are, they'll fib.

If you really want to know the truth, ask a kid. Or your dentist.

More than 90 percent of dentists say they regularly see patients with chronic bad breath or halitosis. But while bad breath is one of the more embarrassing problems, it can be one of the easiest to solve.

Most cases are caused by bacteria in the mouth or tongue. Regular brushing and cleanings are often all the treatment needed to freshen your breath. But bad breath that doesn't go away may be a tip-off to a more serious medical condition, such as gum disease, diabetes, kidney disease, or liver failure.

If you just can't freshen your breath, see your dentist for a thorough exam to rule out tooth decay or gum disease. Then brush, floss, and use a tongue scraper every evening to remove the bacteria from the back of your mouth.

Tongue scrapers are grooved plastic instruments. Some are simple strips and others look like a short-headed razor. They are used to sweep away odor-causing bacteria that collects on the back of the tongue, a major source of volatile sulfur compounds that give off that rotten-egg smell. Scrapers have long been used in various forms in other cultures. Plastic tongue scrapers are inexpensive and available in most drugstores.

Other tips to help you reduce bad breath:

- Brush and floss teeth twice daily.
- Brush your tongue daily.
- Rinse with an ADA-accepted fluoride mouthwash.
- Keep your mouth moist. Certain medications can cause dry mouth, which happens when the flow of saliva decreases. Saliva is necessary to clean the mouth and remove food particles.
- If you think you have constant bad breath, keep a log of all the foods you eat for one week and then call your dentist.

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MY TOENAIL FUNGUS!"

–D.W., Kansas

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SPORANOX has been proven successful in kicking nail fungus.

- Take SPORANOX treatment orally for just 3 months, and you may see a visible difference
- Soon after you stop taking SPORANOX, you may notice that the new nail growing in appears normal. Since nails need time to grow, you should expect it to be several months before healthy, new nails grow in
- So now you can join others who gave thick, yellowing, brittle nails the boot, and start growing fresh, new nails!

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AND GET YOUR FREE SPORANOX "KICK-IT KIT."

What you should know about the safety of SPORANOX: WARNING: SPORANOX should not be taken with terfenadine (Seldane®), astemizole (Hismanal®), or cisapride (Propulsid®) due to serious cardiovascular events. SPORANOX should not be taken with oral triazolam (Halcion®), oral midazolam, lovastatin (Mevacor®), or simvastatin (Zocor®). SPORANOX has a favorable safety profile and is well tolerated. In clinical trials (toenails and fingernails), the following adverse events led to either a temporary or permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), rash/pruritus (3%), and hypertriglyceridemia (3%). In rare instances, there were reports of elevated liver enzymes and hepatitis. If you feel unusually tired or sick to your stomach, have flulike symptoms, or notice that your skin is yellowish, or if you have dark urine or pale stools, stop taking SPORANOX and notify your doctor immediately. If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.



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sporanox®
(itraconazole) Capsules

Before prescribing, please consult complete prescribing information of which the following is a brief summary.

WARNING: Coadministration of terfenadine, astemizole, and cisapride with SPORANOX® (itraconazole) Capsules or Oral Solution is contraindicated. SPORANOX® is a potent inhibitor of the cytochrome P450 3A enzyme system and may raise plasma concentrations of drugs metabolized by this pathway. Serious cardiovascular events, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with terfenadine or cisapride, which are metabolized by the cytochrome P450 3A system. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: DRUG INTERACTIONS for more information.

INDICATIONS AND USAGE

SPORANOX® (itraconazole) Capsules are indicated for the treatment of the following fungal infections in immunocompromised and non-immunocompromised patients:

1. Blastomycosis, pulmonary and extrapulmonary;
2. Histoplasmosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis; and
3. Aspergillosis, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin B therapy.

SPORANOX® Capsules are also indicated for the treatment of the following fungal infections in non-immunocompromised patients:

1. Onychomycosis of the toenail with or without fingernail involvement due to dermatophytes (tinea unguium);
2. Onychomycosis of the fingernail due to dermatophytes (tinea unguium).

CONTRAINDICATIONS

Coadministration of SPORANOX® (itraconazole) Capsules or Oral Solution with certain drugs metabolized by the P450 3A enzyme system may result in increased plasma concentrations of those drugs leading to potentially serious and/or life-threatening adverse events. Terfenadine, astemizole, oral triazolam, oral midazolam and cisapride are specifically contraindicated with SPORANOX®. HMG-CoA reductase inhibitors metabolized by this system (e.g., lovastatin and simvastatin) should also be discontinued during SPORANOX® therapy. (See PRECAUTIONS: DRUG INTERACTIONS.)

SPORANOX® should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy.

SPORANOX® is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no information regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should be used in prescribing SPORANOX® to patients with hypersensitivity to other azoles.

WARNINGS

SPORANOX® (itraconazole) Capsules and SPORANOX® Oral Solution should not be used interchangeably. This is because drug exposure is greater with the Oral Solution than with the Capsules when the same dose of drug is given. Additionally, the topical effects of mucosal exposure may be different between the two formulations. Only the Oral Solution has been demonstrated effective for oral and/or esophageal candidiasis.

Hepatitis: There have been rare cases of reversible idiosyncratic hepatitis reported among patients taking SPORANOX® (itraconazole) Capsules. SPORANOX® has been associated with rare cases of serious hepatotoxicity, including fatalities, primarily in patients with serious underlying medical conditions taking multiple medications. The causal association with SPORANOX® is uncertain. If clinical signs and symptoms develop that are consistent with liver disease and may be attributable to itraconazole, SPORANOX® should be discontinued.

Cardiac Dysrhythmias: There have been rare cases of life-threatening cardiac dysrhythmia and death reported in patients receiving terfenadine and itraconazole. Coadministration of terfenadine, astemizole and cisapride with SPORANOX® is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS: DRUG INTERACTIONS.)

PRECAUTIONS

General: Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. Hepatic enzyme test values should be monitored periodically in all patients receiving continuous treatment for more than one month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

SPORANOX® (itraconazole) Capsules should be administered after a full meal. (See CLINICAL PHARMACOLOGY: PHARMACOKINETICS AND METABOLISM.)

Under fasted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The absorption of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion suppressors. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola beverage resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This increase relative to the effects of a full meal is unknown. (See CLINICAL PHARMACOLOGY: PHARMACOKINETICS AND METABOLISM.)

Information for patients: Patients should be aware that SPORANOX® (itraconazole) Capsules is a different preparation than SPORANOX® Oral Solution, and these should not be used interchangeably. This is because drug exposure is greater with the Oral Solution than with the Capsules when the same dose of drug is given. Additionally, the topical effects of mucosal exposure may be different between the two formulations. Only the Oral Solution has been demonstrated effective for oral and/or esophageal candidiasis.

Patients should be instructed to take SPORANOX® Capsules with a full meal.

Patients should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appropriate laboratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or vomiting, jaundice, dark urine or pale stool.

Patients should be instructed to contact their physician before taking any concomitant medications with itraconazole to insure there are no potential drug interactions.

Drug interactions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome P450 3A enzyme system. Coadministration of SPORANOX® and drugs primarily metabolized by the cytochrome P450 3A enzyme system may result in increased plasma concentrations of the other drug that could increase or prolong both its therapeutic and adverse effects. Therefore, unless otherwise specified, concomitant medications metabolized by the P450 3A enzyme system should be discontinued as medically indicated.

Table of Selected Drugs That Are Predicted to Have Plasma Concentrations Increased by Itraconazole

Anticoagulants: warfarin	*Cholesterol-lowering agents:* lovastatin*, simvastatin*
Antihistamines: terfenadine*, astemizole*	*GI motility agents:* cisapride*
Anti-HIV protease inhibitors: ritonavir, indinavir	*Immunosuppressive agents:* cyclosporine, tacrolimus
Antineoplastic agents: vinca alkaloids	*Steroids:* methylprednisolone
Benzodiazepines: midazolam**, triazolam*, diazepam	*Other:* digoxin, quinidine
Calcium channel blockers: dihydropyridines	

† This table is not all inclusive.

* Specifically contraindicated with SPORANOX® based on clinical and/or pharmacokinetics studies (see WARNINGS and below).

** See paragraph below on *Benzodiazepines* for information on parenteral administration.

Table of Selected Drugs That Are Predicted to Decrease Itraconazole Plasma Concentrations [1]

Anticonvulsants: phenytoin, phenobarbital, carbamazepine	*Antimycobacterial agents:* isoniazid, rifampin, rifabutin

This table is not all inclusive

[1] SPORANOX® may not be effective due to decreased itraconazole plasma concentrations in patients using these agents concomitantly.

Anticoagulants: It has been reported that SPORANOX® enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin time should be carefully monitored in patients receiving SPORANOX® and coumarin-like drugs simultaneously.

Anticonvulsants: Reduced plasma concentrations of itraconazole were reported when SPORANOX® was coadministered with phenytoin. The physician is advised to monitor the plasma concentrations of itraconazole when phenytoin is taken concurrently, and to increase the dose of SPORANOX® if necessary.

Antihistamines: Coadministration of terfenadine with SPORANOX® has led to elevated plasma concentrations of terfenadine, resulting in rare instances of life-threatening cardiac dysrhythmia and death. Coadministration of astemizole with SPORANOX® has led to elevated plasma concentrations of astemizole and desmethylastemizole which may prolong the QT intervals. Therefore, concomitant administration of SPORANOX® with astemizole is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS.)

Anti-HIV protease inhibitors: Coadministration of SPORANOX® with protease inhibitors primarily metabolized by the cytochrome P450 3A enzyme system, such as ritonavir or indinavir, may result in changes in plasma concentrations of both drugs. Caution is advised when these drugs are used concomitantly.

Anti-HIV reverse transcriptase inhibitors: The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX® Capsules, 100 mg b.i.d. Other agents have not been studied.

Antimycobacterial agents: Plasma concentrations of azole antifungal agents are reduced when given concurrently with isoniazid or rifampin. Alternative antifungal therapy should be considered if isoniazid or rifampin therapy is necessary. A similar effect may be expected with rifabutin.

Antineoplastic agents: The metabolism of vinca alkaloids may be inhibited by itraconazole. Therefore, patients receiving SPORANOX® concomitantly with vinca alkaloids should be monitored for an increase and/or prolongation of the effects of the latter drug product, including adverse effects such as peripheral neuropathy and ileus, and the dose of the vinca alkaloid should be adjusted appropriately.

Benzodiazepines: Coadministration of SPORANOX® with oral midazolam or triazolam has resulted in elevated plasma concentrations of the latter two drugs. This may potentiate and prolong hypnotic and sedative effects. These agents should not be used in patients treated with SPORANOX®. If midazolam is administered parenterally, special precaution and patient monitoring is required since the sedative effect may be prolonged. (See CONTRAINDICATIONS.)

Calcium channel blockers: Edema has been reported in patients concomitantly receiving SPORANOX® and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

Cholesterol-lowering agents: Human pharmacokinetic data indicate that SPORANOX® inhibits the metabolism of lovastatin resulting in significantly elevated plasma concentrations of lovastatin or lovastatin acid, which have been associated with rhabdomyolysis. Use of HMG-CoA reductase inhibitors metabolized by the P450 3A enzyme system, such as lovastatin or simvastatin, should be temporarily discontinued during SPORANOX® therapy. (See CONTRAINDICATIONS.)

Digoxin: Coadministration of SPORANOX® and digoxin has led to increased plasma concentrations of digoxin. Digoxin concentrations should be monitored at the initiation of SPORANOX® therapy and frequently thereafter, and the dose of digoxin should be adjusted appropriately.

GI motility agents: Human pharmacokinetic data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting in significantly elevated plasma concentrations of cisapride. Data suggest that coadministration of oral ketoconazole and cisapride can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also markedly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore, concomitant administration of SPORANOX® with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS.)

H2-antagonists: Reduced plasma concentrations of itraconazole were reported when SPORANOX® Capsules were coadministered with H2-antagonis

Immunosuppressive agents: Coadministration of SPORANOX® and cyclosporine or tacrolimus has led to increased plasma concentrations of t latter two agents. Cyclosporine and tacrolimus concentrations should be monitored at the initiation of SPORANOX® therapy and frequen thereafter, and the dose of cyclosporine or tacrolimus should be adjusted appropriately.

Oral hypoglycemic agents: Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hyp glycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX® and oral hypoglycemic agents are coadministere

Quinidine: Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX® and quinidine.

Steroids: The metabolism of methylprednisolone may be inhibited by itraconazole. Therefore, patients receiving SPORANOX® concomitan with methylprednisolone should be monitored for an increase and/or prolongation of the effects of the latter drug product, includi adverse effects, and the dose of methylprednisolone should be adjusted appropriately.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenicity potential in mice treated orally 23 months at dosage levels up to 80 mg/kg/day [approximately 10x the maximum recommended human dose (MRHD)]. Male rats treated w 25 mg/kg/day (3.1x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hyp cholesterolemia, which is a response of rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/d (6.25x MRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the untreated group. Although the occ rence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study was not statistically significa

Itraconazole produced no mutagenic effects when assayed in a DNA repair test (unscheduled DNA synthesis) in primary rat hepatocytes, in An tests with Salmonella typhimurium (six strains) and Escherichia coli, in the mouse lymphoma gene mutation tests, in a sex-linked recessive let mutation (Drosophila melanogaster) test, in chromosome aberration tests in human lymphocytes, in a cell transformation test with C3H/10T 1/2 C mouse embryo fibroblasts cells, in a dominant lethal mutation test in male and female mice, and in micronucleus tests in mice and rats.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) ev though parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the h higher dosage level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal toxici embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20x MRHD) and in mice at dosage levels approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenicity consisted of major skeletal defects; in mice it consisted encephaloceles and/or macroglossia.

There are no studies in pregnant women. SPORANOX® should be used for the treatment of systemic fungal infections in pregnancy only if the ben outweighs the potential risk. SPORANOX® should not be administered for the treatment of onychomycosis to pregnant patients or to wom contemplating pregnancy. SPORANOX® should not be administered to women of child-bearing potential for the treatment of onychomyco unless they are taking effective measures to prevent pregnancy and the patient begins therapy on the second or third day following the onset menses. Effective contraception should be continued throughout SPORANOX® therapy and for 2 months following the end of treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, the expected benefits of SPORANOX® therapy for the mother should weighed against the potential risk from exposure of itraconazole to the infant. The U.S. Public Health Service Centers for Disease Control a Prevention advises HIV-infected women not to breast-feed to avoid potential transmission of HIV to uninfected infants.

Pediatric Use: The efficacy and safety of SPORANOX® have not been established in pediatric patients. No pharmacokinetic data on capsu are available in children. A small number of patients age 3 to 16 years have been treated with 100 mg/day of itraconazole capsules systemic fungal infections and no serious unexpected adverse effects have been reported. SPORANOX® Oral Solution (5 mg/kg/day) been administered to pediatric patients (n=26, age 0.5-12 years) for two weeks and no serious unexpected adverse events were reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5x MRHD). The induced defe included reduced bone plate activity, thinning of the zona compacta of the large bones and increased bone fragility. At a dosage level of 80 mg/kg/c (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hypocellular appearan in some rats. While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in pediatric patients is unknow

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patie may be decreased.

ADVERSE REACTIONS

There have been rare cases of reversible idiosyncratic hepatitis reported among patients taking SPORANOX® (itraconazole) Capsul SPORANOX® has been associated with rare cases of serious hepatotoxicity, including fatalities, primarily in patients with serious underly medical conditions taking multiple medications. The causal association with SPORANOX® is uncertain. If clinical signs and symptoms deve that are consistent with liver disease and may be attributable to itraconazole, SPORANOX® should be discontinued. (See WARNINGS.)

ONYCHOMYCOSIS OF THE TOENAIL **(Continuous dosing regimen of 200 mg q.d. for 12 consecutive weeks):**

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System / Adverse Event	Incidence (%) (n=112)	Body System / Adverse Event	Incidence (% (n=112)
Elevated liver enzymes (>2x normal range)	4%	Headache	1%
Gastrointestinal disorders	4%	Malaise	1%
Rash	3%	Myalgia	1%
Hypertension	2%	Vasculitis	1%
Orthostatic hypotension	1%	Vertigo	1%

Adverse events reported with an incidence of >1% in patients given SPORANOX® (200 mg q.d. for 12 consecutive weeks; n=112) in clinical trial toenail onychomycosis were: headache (11; 10%), rhinitis (10; 9%), upper respiratory tract infection (9; 8%), sinusitis (8; 7%), injury (8; 7%), diarr (5; 4%), dyspepsia (5; 4%), flatulence (5; 4%), abdominal pain (4; 4%), dizziness (4; 4%), rash (4; 4%), nausea (3; 3%), cystitis (3; 3%), urinary t infection (3; 3%), liver function abnormality (3; 3%), myalgia (3; 3%), appetite increased (2; 2%), constipation (2; 2%), gastritis (2; 2%), gastroenter (2; 2%), pharyngitis (2; 2%), asthenia (2; 2%), fever (2; 2%), pain (2; 2%), tremor (2; 2%), herpes zoster (2; 2%) and abnormal dreaming (2; 2%).

ONYCHOMYCOSIS OF THE FINGERNAIL **(Pulse regimen consisting of two one-week treatment periods with 200 mg b.i.d. separated a 3-week period without SPORANOX®):**

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System / Adverse Event	Incidence (%) (n=37)
Rash / pruritus	3%
Hypertriglyceridemia	3%

Adverse events reported with an incidence of >1% in patients given SPORANOX® (two one-week treatment periods with 200 mg b. separated by a 3-week period without SPORANOX®; n=37) in the clinical trial of fingernail onychomycosis were: headache (3; 8%), prur (2; 5%), nausea (2; 5%), rhinitis (2; 5%), rash (1; 3%), bursitis (1; 3%), anxiety (1; 3%), depression (1; 3%), constipation (1; 3%), abdominal p (1; 3%), dyspepsia (1; 3%), ulcerative stomatitis (1; 3%), gingivitis (1; 3%), hypertriglyceridemia (1; 3%), sinusitis (1; 3%), fatigue (1; malaise (1; 3%), pain (1; 3%) and injury (1; 3%).

SYSTEMIC FUNGAL INFECTIONS

Adverse experience data in the following table are derived from 602 patients treated for systemic fungal disease in U.S. clinical trials, were immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% patients due to adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table adverse events reported by at least 1% of patients.

Body System / Adverse Event (Incidence ≥ 1%)	Incidence (%)	Body System / Adverse Event (Incidence ≥ 1%)	Incidence (%
Gastrointestinal disorders		Psychiatric disorders	
Nausea	10.6	Libido decreased	1.2
Vomiting	5.1	Somnolence	1.2
Diarrhea	3.3	Cardiovascular disorders	
Abdominal pain	1.5	Hypertension	3.2
Anorexia	1.2	Metabolic and nutritional disorders	
Body as a whole		Hypokalemia	2.0
Edema	3.5	Urinary system disorders	
Fatigue	2.8	Albuminuria	1.2
Fever	2.5	Liver and biliary system disorders	
Malaise	1.2	Hepatic function abnormal	2.7
Skin and appendages disorders		Reproductive disorders, male	
Rash	8.6*	Impotence	1.2
Pruritus	2.5		
Central / peripheral nervous system			
Headache	3.8		
Dizziness	1.7		

* Rash tends to occur more frequently in immunocompromise patients receiving immunosuppressive medications.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, tinnitus, menstrual diso adrenal insufficiency, gynecomastia and male breast pain.

In worldwide postmarketing experience with SPORANOX® Capsules, allergic reactions including rash, pruritus, urticaria, angioedema a rare instances, anaphylaxis and Stevens-Johnson syndrome, have been reported. Marketing experiences have also included reports of elev liver enzymes and rare hepatitis. Although the causal association with SPORANOX® is uncertain, rare alopecia, hypertriglyceride neutropenia and isolated cases of neuropathy have also been reported.

OVERDOSAGE

Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with soc bicarbonate, should be employed.

There are limited data on the outcomes of patients ingesting high doses of itraconazole. In patients taking either 1000 mg of SPORAN (itraconazole) Oral Solution or up to 3000 mg of SPORANOX® Capsules, the adverse event profile was similar to that observed at recommended d

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A premier edition from StudioHummel celebrates *Berta Hummel's* "Tender Loving Care"



Inspired by the artistry of Berta Hummel... Designed and sculpted by Goebel Germany...

INSPIRED BY THE ART OF BERTA HUMMEL

Shown approximately actual size of 4–1/2" (11.4 cm) tall.

Dressed in her white cap and cape, and carefully wrapping a bandage around her kitten's paw, this make-believe nurse is tending to her kitten's "injury" and making sure everything is all right. Although it's all pretend, the girl's rapt expression makes it clear that she's taking her responsibilities quite seriously. Meanwhile, her bewildered kitty isn't quite sure what's going on... but she certainly enjoys all the tender loving care she's receiving!

Now "Tender Loving Care," a new porcelain sculpture from StudioHummel, celebrates the innocence of childhood and the very special affection shared between a girl and her kitten. Inspired by Berta Hummel's beloved paintings, "Tender Loving Care" is designed and sculpted by the artisans of Goebel Germany, who for more than 60 years have been entrusted with interpreting the work of this beloved artist. Hand-crafted and hand-painted under Goebel's direction, this exquisite sculpture recreates the subtle colors, telling detail and joyous vision of Berta Hummel's art... from the girl's rosy cheeks and bright eyes to the trusting expression on the kitten's face.

"Tender Loving Care" is available now for two payments of only $22.50 each, complete with a hand-numbered Certificate of Authenticity. Everyone needs a little "Tender Loving Care," so be sure to order your sculpture today.

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• My satisfaction is unconditionally guaranteed for one full year •

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*Plus a total of $4.97 home delivery fee and applicable state sales tax. Please allow 8 to 10 weeks for delivery. Pending credit approval.

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☐ **as a gift** 33571-D81211

Toothpaste

continued from page 122

after age 35—is generally a sign of brushing the teeth too hard or scrubbing them too frequently. It can also be caused by grinding your teeth.

Receding gums may also make teeth "sensitive" to cold and touch. Certain pastes, which contain potassium nitrate or strontium chloride, can quell the discomfort by buffering the nerve endings and shutting down pain signals.

Dentists often recommend pastes for sensitive teeth. Within a few weeks, patients may get enough relief to switch back to their regular brand, if they wish. People who don't notice an improvement should check with their dentist.

• **Baking soda and peroxide.** Most big-name manufacturers now offer at least one product with baking soda, or a baking soda/peroxide combination. These added ingredients won't improve your oral health, according to the experts, although you'll probably enjoy brushing with them.

Both ingredients leave your mouth with a clean sensation, and the bubbles and fizz of peroxide make it feel as if your teeth are getting cleaner. "I think baking soda has a wonderful value in that it makes teeth feel really clean—but it has no scientifically proven benefits," says Dr. van Dyk.

• **Whitening agents.** Whitening toothpastes may lighten superficial stains caused by coffee or tobacco, but they don't actually whiten teeth, says Dr. van Dyk. You may see some improvement, but nothing that rivals a professional bleaching system prescribed by a dentist, according to Dr. Spieler. There are no over-the-counter whitening toothpastes with the ADA Seal of Acceptance.

Over-the-counter whitening pastes also do little or nothing to improve the appearance of deeply discolored or tetracycline-stained teeth. Tetracycline, an antibiotic used to treat infections and control acne, has been known to discolor the teeth of some infants and children.

Most whitening formulas are abrasive, and—used regularly for long periods of time—may harm tooth enamel, says Dr. Loos. "I tell my patients if they want to use whitening toothpaste fine, but not for all their brushing." Instead, she recommends brushing twice a day, once with a whitening paste and once with a regular paste.

• **Sodium lauryl sulfate (SLS).** This detergent is found in nearly every brand of toothpaste. Now, there's evidence SLS may aggravate canker sores. But these findings aren't conclusive and more research is needed to prove this link.

Some more expensive toothpastes are made without SLS. So, if you suffer from painful recurring canker sores, the added cost may be worth it, says Dr. Spieler. SLS is listed on the package. Patients also can ask their dentist which brands don't contain SLS.

• **"Natural" toothpaste.** You might gain peace of mind using "natural" toothpaste, even though it contains some ingredients many of us would consider artificial.

For instance, the abrasive used in one major "natural" brand is chalk, instead of the more widespread silica. "The term 'natural' is kind of a relative term," says Dr. Burrell. "It's natural within context."

• **Gingivitis busters.** Products designed to arrest gingivitis, or early gum disease, are the latest contenders in the toothpaste wars. The Food and Drug Administration recently approved one paste that aims to fight gingivitis, as well as cavities, tartar, and plaque. Some labels are marked as "antigingivitis" or "gum care."

The best advice: Look for the ingredient triclosan, which attacks bacteria so it can't form into plaque. The average person probably doesn't need this product, Dr. van Dyk says, but he recommends it to patients with early signs of gum disease. ⌂

Transderm Scōp®
scopolamine 1.5 mg

Transdermal Therapeutic System

Programmed to deliver *in vivo* approximately 1.0 mg of scopola over 3 days

Brief Summary
(For full prescribing information, see package insert)

INDICATIONS AND USAGE: Transderm Scōp is indicated for preventi nausea and vomiting associated with motion sickness in adults. The should be applied only to skin in the postauricular area.

CONTRAINDICATIONS: Transderm Scōp is specifically contraindicat persons who are hypersensitive to the drug scopolamine or to othe ladonna alkaloids, or to any ingredient or component in the formulati delivery system, or in patients with angle-closure (narrow angle) glauc

WARNINGS: Transderm Scōp should not be used in children and shou used with special caution in the elderly. See PRECAUTIONS.

Since drowsiness, disorientation, and confusion may occur wit use of scopolamine, patients should be warned of the possibility and tioned against engaging in activities that require mental alertness, su driving a motor vehicle or operating dangerous machinery.

Potentially alarming idiosyncratic reactions may occur with or therapeutic doses of scopolamine.

PRECAUTIONS

General: Scopolamine should be used with caution in patients with p obstruction, or urinary bladder neck obstruction. Caution should be cised when administering an antiemetic or antimuscarinic drug to pa suspected of having intestinal obstruction.

Transderm Scōp should be used with special caution in the elde in individuals with impaired metabolic, liver, or kidney functions, beca the increased likelihood of CNS effects.

Caution should be exercised in patients with a history of seizure o chosis, since scopolamine can potentially aggravate both disorders.

Information for Patients: Since scopolamine can cause temporary d of the pupils and blurred vision if it comes in contact with the eyes, pa should be strongly advised to wash their hands thoroughly with soa water immediately after handling the patch. In addition, it is importar used patches be disposed of properly to avoid contact with children o

Patients should be advised to remove the patch immediately an tact a physician in the unlikely event that they experience sympto acute narrow-angle glaucoma (pain in and reddening of the eyes a panied by dilated pupils). Patients should also be instructed to remo patch if they develop any difficulties in urinating.

Patients should be warned against driving a motor vehicle or ope dangerous machinery while wearing the patch. Patients who enga these activities should also be aware of the possibility of withdrawal toms when the patch is removed. Patients who expect to particip underwater sports should be cautioned regarding the potentially dis ing effects of scopolamine. A patient brochure is available.

Drug Interactions: Scopolamine should be used with care in pa taking drugs, including alcohol, capable of causing CNS effects. S attention should be given to drugs having anticholinergic prop e.g., belladonna alkaloids, antihistamines (including meclizine), an depressants.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No lon studies in animals have been performed to evaluate carcinogenic pot Fertility studies were performed in female rats and revealed no evide impaired fertility or harm to the fetus due to scopolamine hydrob administered by daily subcutaneous injection. In the highest-dose (plasma level approximately 500 times the level achieved in humans a transdermal system), reduced maternal body weights were observ

Pregnancy Category C: Teratogenic studies were performed in pr rats and rabbits with scopolamine hydrobromide administered b intravenous injection. No adverse effects were recorded in the rats. rabbits, the highest dose (plasma level approximately 100 times th achieved in humans using a transdermal system) of drug admin had a marginal embryotoxic effect. Transderm Scōp should be during pregnancy only if the anticipated benefit justifies the potential the fetus.

Nursing Mothers: It is not known whether scopolamine is ex in human milk. Because many drugs are excreted in human caution should be exercised when Transderm Scōp is administere nursing woman.

Pediatric Use: Children are particularly susceptible to the side eff belladonna alkaloids. Transderm Scōp should not be used in because it is not known whether this system will release an am scopolamine that could produce serious adverse effects in children.

ADVERSE REACTIONS: The most frequent adverse reaction to Tra Scōp is dryness of the mouth. This occurs in about two thirds of t ple. A less frequent adverse reaction is drowsiness, which occurs than one sixth of the people. Transient impairment of eye accomm including blurred vision and dilation of the pupils, is also observed.

The following adverse reactions have also been reported on infr occasions during the use of Transderm Scōp: disorientation; memo turbances; dizziness; restlessness; hallucinations; confusion; difficu nating; rashes and erythema; acute narrow-angle glaucoma; and dr or red eyes.

Drug Withdrawal: Symptoms including dizziness, nausea, vo headache, and disturbances of equilibrium have been reported in patients following discontinuation of the use of the Transderm Scōp These symptoms have occurred most often in patients who have u system for more than three days.

OVERDOSAGE: Overdosage with scopolamine may cause disorie memory disturbances, dizziness, restlessness, hallucinations, co psychosis, convulsions, bronchospasm and respiratory depressi muscular weakness. Should these symptoms occur, the Transder patch should be removed immediately, adequate hydration should b tained, and appropriate symptomatic treatment initiated.

CAUTION: Federal law prohibits dispensing without prescription.

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Clinically proven to work better than Dramamine®		
	TRANSDERM SCŌP, "THE TRAVEL PATCH"	DRAMAMINE
BETTER PREVENTION OF MOTION SICKNESS (NAUSEA & VOMITING)	✔	
LONGER LASTING*	✔	

*Based on labeled dosage.

Why worry about motion sickness? Now there's Transderm Scōp, "The Travel Patch."

Just peel off the backing and press it behind your ear at least four hours before boarding and relax. The medicine is consistently absorbed for up to three days. You can even shower with it. For shorter trips, remove the patch when no longer needed and the effects wear off.

In clinical studies, 5 out of 6 people did not report drowsiness with Transderm Scōp.

If you worry about drowsing through the good times, "The Travel Patch" may be a better choice for you.

Ask your doctor about Transderm Scōp when you're making your travel plans.

Available by prescription only. Not for children or those with glaucoma, difficulty in urinating, or an allergy to scopolamine or other belladonna alkaloids. In clinical studies, some side effects were noted, including blurred vision, dryness of the mouth (in two-thirds of users) and drowsiness (reported incidence less than 1 in 6). While using this product, you should not drive, operate dangerous machinery or do things that require alertness. Avoid using alcohol. If you are elderly, your physician should exercise special care in prescribing this product. See adjoining page for additional information on potential adverse reactions or side effects.



"THE TRAVEL PATCH"

TRANSDERM SCŌP® Scopolamine 1.5mg.

WITHOUT A DOUBT, THE BETTER WAY TO GO



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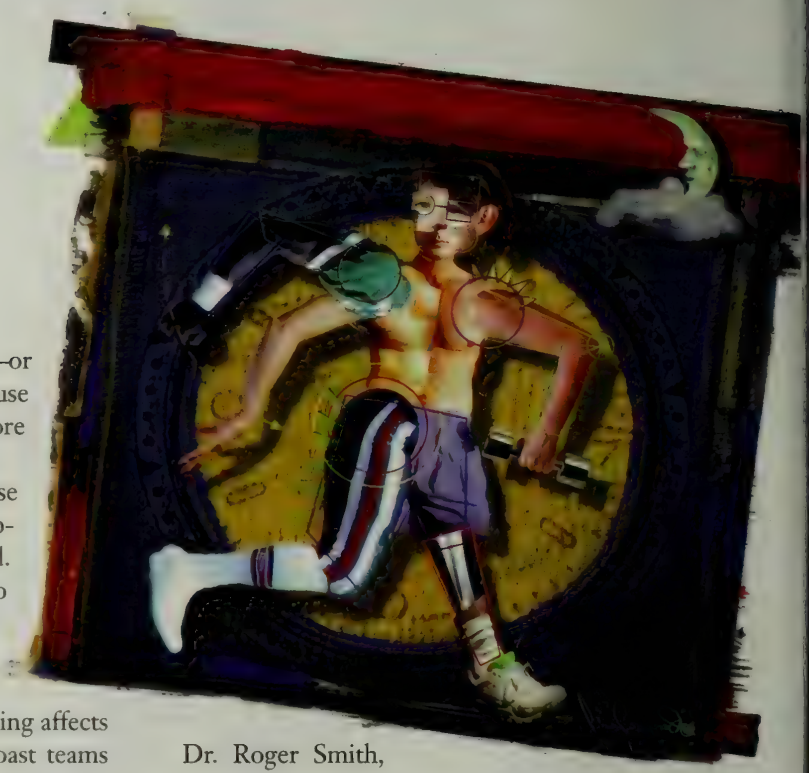
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fitness matters

GOOD NEWS ABOUT SHAPING UP

by Gary Legwold

Timely Advice on When to Work Out



When you have to drag yourself to the gym—or find yourself skipping exercise altogether because you feel flat—you may discover you have more pep if you change your exercise time.

Our bodies have natural rhythms that cause fluctuations in flexibility, strength, mental sharpness, and endurance over a 24-hour period. Studies show that it's possible for athletes to improve their performance 5 to 10 percent if they exercise during their body's peak times.

A study of 25 years of Monday Night Football games recently demonstrated how timing affects performance. The study showed how East Coast teams fared when they played West Coast teams.

All games began at 9 p.m. Eastern Standard Time, but for West Coast players this was the equivalent to 6 p.m. Pacific Standard Time. Late afternoon and early evening are when athletic performance usually hits its daily peak. However, the East Coast players were starting at 9 p.m. relative to their body clocks and playing until midnight. Predawn hours are the low for athletic performance.

Dr. Roger Smith, who conducted the study at the Stanford University Sleep Disorders Clinic, found that West Coast teams won 64 percent of Monday Night Football games and won by an average 15 points. When East Coast teams won, it was by an average of only 9 points per game. These numbers might support the idea that—to perform optimally and enjoy your exercise program—you should time your workouts to your best time of day.

DON'T DIVE AND FLY

Your health can tank if you scuba dive too close to the time you board an airplane.

The Divers Alert Network says people should never dive 12 hours before flying, and they shouldn't do any strenuous diving 24 to 48 hours before leaving for the airport.

Ascending to high altitudes, such as with flying, too soon after diving can bring about a form of decompression illness known as "the bends." Symptoms include headache, numbness, joint pain, fatigue, and breathing problems. For more information, call the Divers Alert Network at 919/684-2948.

Sports Bra Buying Tips

The first sports bras were big on support, but "provided all the comfort of a boa constrictor," says Bryant Stamford, director of the Health Promotion and Wellness Center at the University of Louisville in Kentucky. Today's sports bras are functional, comfortable, and even fashionable, but there are dozens of styles and shapes to choose from.

Stamford researched the subject for an article in *The Physician and Sports Medicine*, a trade journal for doctors and athletic trainers. Here are his shopping tips:

- A sports bra should fit firmly to control breast motion, but shouldn't constrict breathing. In the dressing room, do a few jumping jacks or the motions of your favorite sport to check the fit.
- Chafing can be a problem, so look for a bra that stays put when you move. The bra should have little vertical stretch to it and some horizontal elasticity, so it won't interfere with breathing.
- The bra should be lined under the breasts and the arms with material that wicks moisture away from the skin. A band at the bottom should be wide enough to prevent the bra from riding up. A band at the top can help control bouncing.
- Cups should be seamless. The hooks and fasteners should be covered and padded.
- Look for a sports bra with wide, nonstretch straps that won't dig into your shoulders. Slightly elastic straps may be better for activities that require overhead arm motion. Also, a wide Y-back panel can increase support.

continued on page 130

WHEN LIFE CHANGES YOU...

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So comfortable you can't even feel them.

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 continued from page 128

Antidote for Ankle Injuries



Ankles can be a source of angst for weekend athletes. That's because you can easily turn one running down a wide shot in tennis, playing basketball, or trying to run through first base.

High-top athletic shoes can provide extra support, and adhesive taping adds stability. But taping has its limits. A study in the *American Journal of Sports Medicine* found that, after 20 minutes of intense exercise, tape gives little protection to an ankle.

At least 70 percent of ankle sprains heal in 6 to 12 weeks, says the American Orthopaedic Foot and Ankle Society. The best way to protect your ankles is to strengthen them. Here are two easy exercises.

First, sit with your feet dangling above the floor. Turn your feet clockwise and counterclockwise drawing the letter O with your toes, or trace the entire alphabet with your toes.

Second, stand on one foot at a time and raise yourself slowly up on your toes. Then lower yourself. Do this until you feel fatigue. Or, if you like to swim laps, do them wearing fins. Besides helping you swim faster, fins help build strength in ankles.

Food May Make You Flop

You may shrug off sluggishness as too much exercise or too little sleep. But have you ever considered the culprit to be on the end of your fork?

"Exercisers often don't think of their diet as a cause of some problems that affect performance," says Chris Rosenbloom, a registered dietitian at Georgia State University. Use the chart below to see if your exercise problem could have a culinary link. If you think it does, experiment by not eating the foods you suspect as the cause. Or, make an appointment with a registered dietitian for a nutrition checkup.

Physical Problem	Possible Cause
Sluggishness	Excessive sugar or high-fat diet
Dehydration	Insufficient fluids; excessive alcoholic beverages and caffeinated beverages
Diarrhea	Too much fruit, sugar, or dairy products; rich foods or excessive fiber; antibiotics
Fatigue	Insufficient calories, carbohydrates, iron, or fluids
Nausea	Eating too soon before exercise; antibiotics
Bloating	Beans, broccoli, cabbage, and brussels sprouts

Testicular Injuries: A Touchy Subject For Many Men

It seems many men want to keep their private parts private even when they get injured.

Testicular injuries aren't uncommon in football, baseball, softball, soccer, wrestling, basketball, cycling, and tennis, but seeking medical help is—and a concern to many doctors.

"The big problem is procrastination," says Atlanta urologist Dr. Steven Morganstern, the author of three books on male health. Some men tend to gut out the pain and swelling, he says, because they're too embarrassed to say anything.

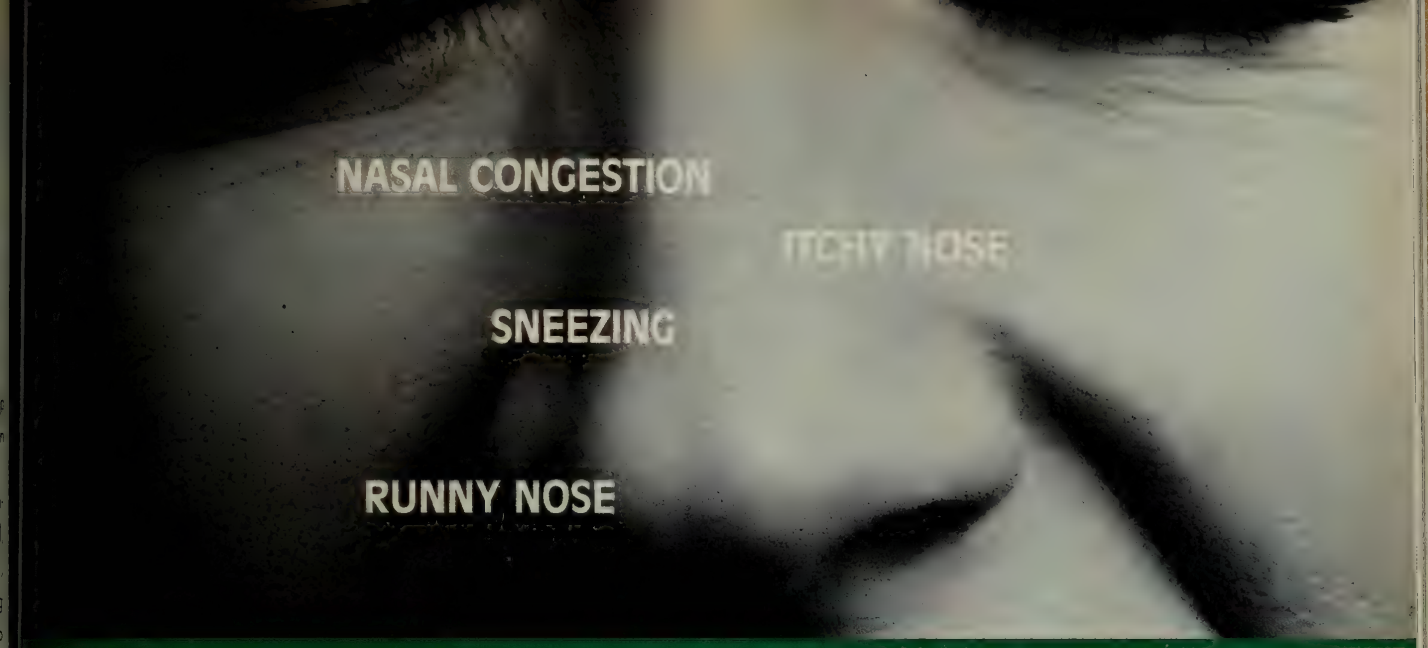
In some cases, even minor swelling can cause reduced blood flow to the testicles if the injury isn't treated within six hours, Dr. Morganstern says. Reduced blood flow can lead to tissue damage, tissue death, and sexual problems.

Boys are especially shy talking about genitals. Parents can help by being open about the human body.

"I really encourage parents to be comfortable about their anatomy, which helps make children comfortable about theirs," Dr. Morganstern says. Have your son wear a protective cup for high-risk sports and talk to him about it.

Men should ask their doctor about a self-exam. Lumps on the back side of the testicle tend to be infections in the epididymis, a coiled tube that leads from the testicle. A hard lump in the front side of the testicle could mean cancer. Testicular cancer is common for men under 40, but highly curable if treated early.

Wherever the lump or injury, see your doctor. "Your body is a gift," says Dr. Morganstern. "Don't be bashful about seeking help."



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Ask your doctor about FLONASE — the multi-symptom nasal spray. Once a day relieves all your nasal allergy symptoms.

Imagine relief from all your nasal allergy symptoms all day and all night long. All it takes is FLONASE – once a day.

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Only your doctor or healthcare provider can determine if FLONASE is right for you.



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Please see important information on the following page.

GlaxoWellcome

FLONASE® BRIEF SUMMARY
(fluticasone propionate)
Nasal Spray, 0.05% w/w (50 mcg/actuation)

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the hypothalamic-pituitary-adrenal (HPA) axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infection; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Drug Interactions: In a placebo-controlled, crossover study in eight healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray; however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in-vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in-vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: *Teratogenic Effects:* Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (approximately 1/3 the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated fluticasone propionate to lactating rats (10 mcg/kg, approximately 1/3 the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis) resulted in measurable radioactivity in milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n =132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from two studies in which 167 children (45 girls and 122 boys aged 4 to 11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but ≥1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, nasal irritation, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20000 and >41000 times, respectively, the maximum recommended daily intranasal dose in adults and >10000 and >20000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m^2 basis).

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food

Irradiation: Meat Safety's Ray of Hope?

The E. coli microorganism has pushed food irradiation back on the table. Food poisoning outbreaks by a particularly virulent form of the bacterium have taken several lives in recent years and left scores of people ill, while costing the food industry millions of dollars in losses. In 1997, one outbreak alone led to the recall of 25 million pounds of beef.

Last December, the United States Food and Drug Administration (FDA)—reacting to the growing concern for food safety, especially with ground beef—approved the process of irradiation for red meat.

Irradiation is not new. It has been used on dried spices for years, and was approved for use on pork in 1986 and poultry in 1990. Food irradiation works in either of two ways: Food is exposed to brief, low doses of radiation from an isotope source, such as cobalt 60 or cesium 137. Or, the food is exposed to a beam of electrons from an electron gun. By law, neither process is allowed to render the food radioactive. Studies

WHEN HANDLING MEAT, REMEMBER:

- Refrigerate food at 38° or lower as soon as possible after purchasing.
- Use separate cutting boards for meat and nonmeat foods.
- Wash cutting boards, kitchen surfaces, utensils, and hands thoroughly with an antibacterial solution before and after preparing foods.
- Keep raw foods covered and separated from cooked foods.

of several generations of animals fed foods irradiated at doses 5 to 10 times approved levels showed no negative lasting or hereditary effects.

In fact, the electron method—sometimes called "electronic" or "cold" pasteurization—involves no radioactive isotopes at all and works on the same principle as a television set. Exposure does not make food radioactive, any more than sitting in front of a big-screen TV would make you radioactive.

Irradiation does, however, destroy many of the micro-organisms—for instance E. coli and salmonella—that can infest food products.

But on the negative side, the irradiation process lowers levels of some nutrients, such as vitamin E, vitamin C, and thiamine.

The irradiation process also creates by-products known as radiolytic compounds. Consumer advocacy groups who oppose food irradiation believe that some of these by-products could pose a threat to human health. They also suggest the terms cold pasteurization and electronic pasteurization are deliberately misleading.

Irradiated food can still be easily recontaminated through mishandling.



Research shows that any alterations to food caused by irradiation are harmless.

Proponents, supported by the FDA, say research shows that any irradiation-induced alterations to food are harmless and similar to changes that occur during canning, cooking, or exposure to sunlight. They note that currently, food subjected to either method must bear a label stating either "treated by irradiation" or "treated with radiation."

The electron irradiation method is the one most likely to be used for meats, since the equipment is less expensive to purchase and operate in meat processing, the food can be treated after packaging, and there is no transportation of radioactive materials. Still, due to initial consumer resistance, it could be several years before meat packers supply retailers with irradiated food products.

In the long run, it is important for consumers to understand that, although food irradiation can eliminate contamination by some micro-organisms, the best way to ensure safety is to use safe cooking and food-handling techniques in the home (see tip box, *page 132*). After all, food can still be easily recontaminated through mishandling.

Easing the Pressure



by Ellen Albertson, Registered Dietitian

You can't see it or feel it, but high blood pressure can increase your risk of heart disease, stroke, and kidney disease. Nearly one quarter of Americans—around 50 million people—have hypertension. Except for the common cold, high blood pressure accounts for more doctor visits than any other health condition.

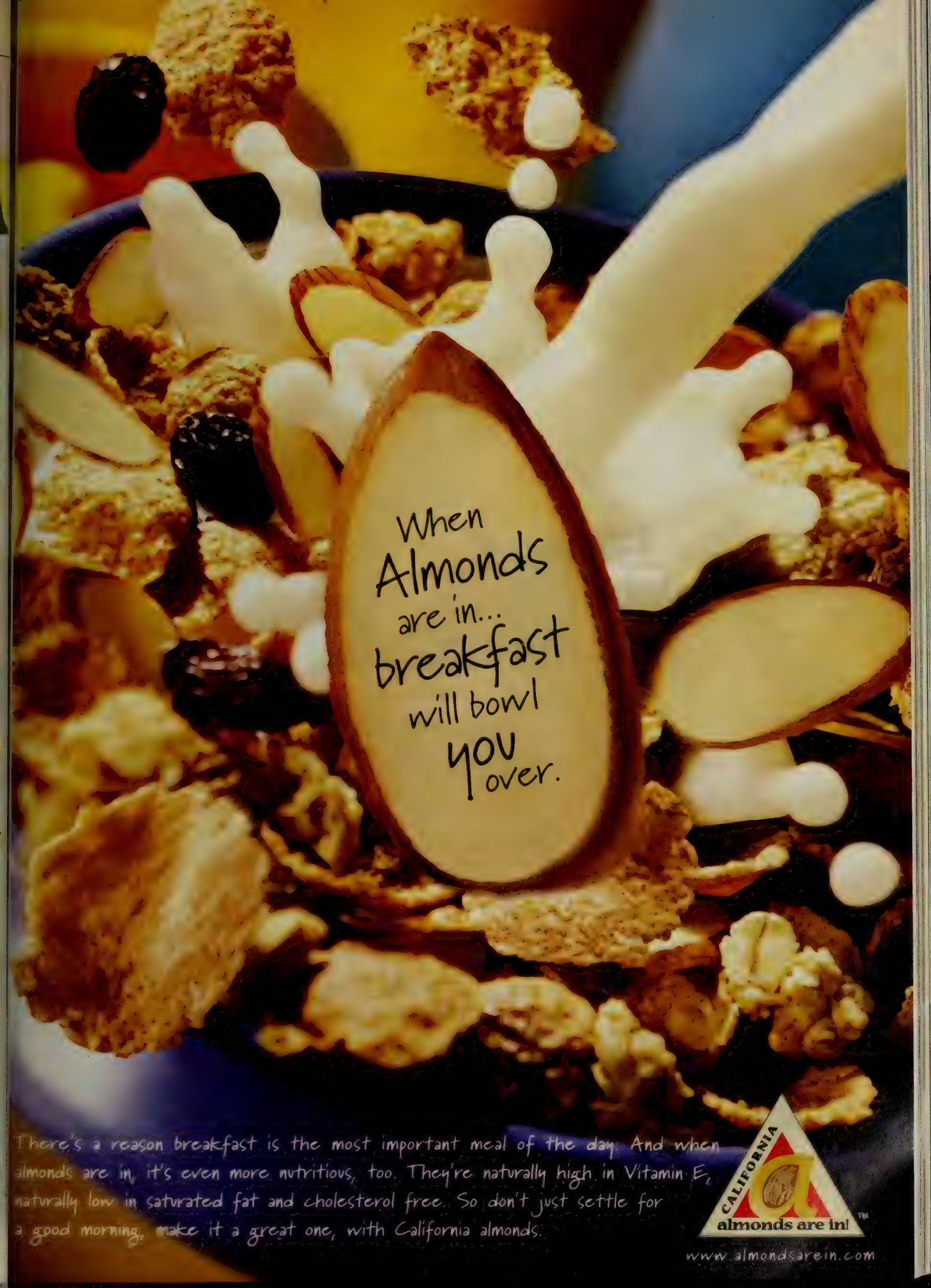
Fortunately, high blood pressure is simple to detect and often easy to control: Eating right is the cornerstone of treatment and prevention. Where do you start? If you're like most people, you probably think the first line of attack is the salt shaker. Not true! There are other smart strategies—involving diet and lifestyle as well as losing weight and limiting alcohol intake—that can help keep your blood pressure in check.

Making Sense of Salt

Only about one in four persons with high blood pressure benefits from a low-sodium diet. These individuals are considered "salt sensitive," meaning that excess dietary sodium can be a factor in driving their blood pressure into the danger zone.

For these salt-sensitive people, "A high-sodium intake is a major component of high blood pressure," according to Dr. Maurizio Trevisan, professor and chairman of the department of social and preventive medicine at the University of Buffalo. Dr. Trevisan further explains that higher sodium intake is more likely to increase the risk for hypertension as we age.

continued on page 136



There's a reason breakfast is the most important meal of the day. And when almonds are in, it's even more nutritious, too. They're naturally high in Vitamin E, naturally low in saturated fat and cholesterol free. So don't just settle for a good morning, make it a great one, with California almonds.

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Pressure

continued from page 134

Although it's hard to tell who is salt sensitive, certain populations are more likely to have the condition—people over 65, African Americans, and persons with diabetes. But some medical experts feel that all Americans, whether they have high blood pressure or not, can benefit from cutting back on salt.

On the other side of the salt pillar are researchers who believe that the recommendation for all Americans to reduce sodium intake is unwarranted. They point out that there is insufficient scientific evidence that restricting salt prevents hypertension in healthy people. According to their studies, salt has little or no effect on people with normal blood pressure.

Says Dr. Suzanne Oprial, director of the hypertension program at the University of Alabama at Birmingham and an American Heart Association past president, "Evidence is accumulating that the strategy to reduce salt intake is not worthwhile (in healthy people), that salt restriction has no benefit on cardiovascular disease."

Food as Medicine

For years, health experts have urged Americans to watch their fat intake and eat plenty of fruits, vegetables, and whole grains. It is well known that such a diet reduces the risks of many serious illnesses, such as heart disease, cancer, obesity, and diabetes. This same healthy regimen can also be your best medicine in the fight against hypertension.

"Food is very powerful," says Judith Stern, Sc.D., R.D., past president of the American Society for Clinical Nutrition. "We now have significant and important evidence—based on science—that a dietary pattern which emphasizes fresh fruits, vegetables, and low-fat dairy products, plus modest amounts of nuts, beans, seeds, fish, poultry, and lean meats, can effectively lower a person's blood pressure."

A new study found that blood pressure can be lowered by a diet low in fat and saturated fat that includes 8 to 10 servings a day of fruits and vegetables and 3 servings a day of low-fat dairy products. This study, called the Dietary Approaches to Stop Hypertension (DASH), was spearheaded by the National Heart, Lung, and Blood Institute.



According to studies, salt has little or no effect on people with normal blood pressure.

For about 40 percent of the DASH subjects, results were significant enough that the need for medication was eliminated in as little as two weeks, without changes in weight, sodium intake, or alcohol consumption. It was estimated that if most Americans ate the DASH diet, strokes could drop by 27 percent and coronary disease by 15 percent.

"The DASH study provides the most compelling evidence to date that the foods we eat can help us to reduce our risk of hypertension," says Dr. David McCarron, M.D., a professor of medicine at the Oregon Health Sciences University and a supporting researcher in the DASH study.

Overweight and Under Pressure

Hypertension experts do agree: Weight loss is still the single most important way to lower blood pressure. Shedding even a few pounds can help because the more overweight you are, the greater your risk for developing hypertension. Says Dr. Oprial, "With a 10-pound weight loss, you can achieve substantial decreases in blood pressure and your responsiveness to hypertension medication improves."

Other Contributing Factors

Blood pressure is also sensitive to alcohol. If you drink, do so in moderation—and opt for red wine instead of beer or liquor. Research shows that up to two glasses of red wine daily could have a beneficial effect on hypertension.

Regular exercise is another key to healthy blood pressure. It lowers weight, improves circulation, and helps regulate key minerals involved in hypertension. Exercise even benefits people with hypertension who are within their ideal body weight. But, be sure to consult your physician before starting any exercise program.

For more information on the DASH study, visit the Internet site at http://dash.bwh.harvard.edu.

—Ellen Albertson, M.S., R.D., is an author and journalist specializing in the field of nutrition communication.

OTHER KEY MINERALS

Table salt contains both sodium and chloride. New studies hint that the chloride—not the sodium—may be the high-blood-pressure culprit in salt. Research is still in the preliminary stages, but since most of the chloride we get comes from salt, you may still want to reach for the salt shaker less often if you are prone to hypertension.

While the salt issue may be open to debate, other minerals may have a positive impact on blood pressure: The DASH study showed that potassium, magnesium, and calcium are possible good guys in the hypertension equation, keeping blood pressure from rising even in cases of high salt intake.

Trapped inside this wholesome rolled oats crust is a sultry little French pastry struggling to get out.



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Loaded with rolled oats, whole wheat and real, honest to goodness fruit. With a scandalously indulgent, I-can't-believe-this-is-good-for-me taste. It's the soul of a French pastry. In the body of a cereal bar.



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Passion. Desire. Devotion. Nah, it goes way beyond that.

Don't Be (False) Alarmed

by Steven Mumford



Arms loaded with groceries, you unlock the door and make your way into the kitchen. But before you get there, sirens start to sound. You just set off your new home-security system. Once the noise stops and you square things away with your monitoring service or the police, you probably don't give your little goof another thought. After all, it happens to everybody.

Unfortunately, this is too true. False alarms happen far too often, according to police chiefs and alarm industry experts. They say that between 90 and 95 percent of all alarms that are reported don't indicate a break-in or attempted burglary. Falling prices and an increasing interest in home protection may be bad news for burglars, but also add up to more false alarms than ever before.

If you own or are thinking about buying an alarm system, you can prevent false alarms. The National Fire and Burglar Alarm Association says 76 percent are caused by user error. Here are some tips to avoid accidentally tripping your own security system.

Get into the routine

The most important step to avoiding false alarms is getting used to your alarm system. After your whole family is trained by the installer, it will take some time to get used to the added step of turning the alarm on and off. Many families post notes inside the door to remind each other that the system is armed. You might also try tying a red ribbon to the doorknob as a more subtle reminder.

Training is critical

Anyone who has a key to your house should also be trained to use your home-security system. Using the system will become second nature for you, but not for the neighbor who brings in your mail while you're away for a few days. Give detailed instructions to anyone who has a key to your house, and also give them a mini training session. Call your monitoring company to tell them you're training a new user, then watch over the person's shoulder as he or she practices arming and disarming the system.

Changing your life

A change to your lifestyle may also make you more prone to accidentally setting off your alarm. If you change work hours, for example, you'll have to fit the alarm into your new routine. Cats and dogs can set off some security alarms, too, so if you get a pet, be sure to call your installer before you set your alarm. Your installer may have to adjust the motion sensors or replace them with pressure sensors that pets won't be able to set off. An elderly parent who comes to stay with you may also need help getting accustomed to using your alarm system.

Check the system

Finally, have your alarm installer come back and inspect the system once a year or any time you think it might not be working correctly. Generally, the electronics are very reliable, but now and then a system will be installed incorrectly or will simply wear out. Both are causes of false alarms that can be easily avoided.



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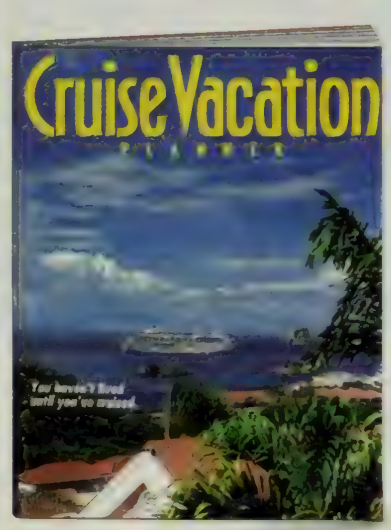
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Garage Door Danger

The remote control is in the car, the car is in the street, and you're in a hurry. You push the button at the back of the garage, then duck out before the door closes.

You may have been in this situation and escaped without incident, but not everyone does. According to the Consumer Products Safety Commission, 50 children in the United States died or suffered permanent brain injury between 1982 and 1992 as a result of accidents involving automatic garage door openers. Thousands of others suffer less-serious injuries every year. Make your garage door safer by putting it through these tests once a month.

Reversing test: Garage door openers manufactured after 1982 are likely to feature automatic reversing mechanisms that sense obstructions and send doors back up if they hit something while closing. To test the sensitivity of the mechanism, some manufacturers recommend placing a block of wood on the ground beneath the door. The door should reverse within two seconds of contact. Consumer advocates say that this test should instead be conducted with a large, unwrapped roll of paper towels which more accurately simulates the body of a small child. If your door doesn't pass the reversing test, a knob on the motor housing will allow you to adjust the sensitivity until it passes. Garage door openers made after 1993 have even more sophisticated safety features. According to federal mandate, they must be equipped with pressure-sensing reversing systems along with photoelectric sensors that prevent the doors from being activated if there are obstructions in their path. They may also be outfitted with switches that must be held down constantly to operate doors.

Balance test: For maximum safety, the door must also be properly balanced. To test this, disengage the electric operator and stand outside. Lift the door 3 or 4 feet off the ground, let go, and step away quickly. If the door drops to the ground, it is out of balance. Because balancing a garage door requires adjusting the tension on heavy-duty springs, it should always be done by a professional. The springs should also be attached to safety cables. In the event that a spring breaks, the cable will stop the spring from flying off and causing injury or death.

Equilibrium test: Finally, perform an equilibrium test. With the electric operator disengaged, watch and listen to your garage door as you raise and lower it. If it is hung properly, it will glide up and down smoothly without screeching or jittering. If it is lopsided, or not moving smoothly on its tracks, it should be adjusted by a professional. Not only will lopsided or improperly installed garage doors not function well, they'll put undue stress on the electric motor, making it difficult to correctly adjust the reversing mechanism and causing a potential fire hazard.

Considerations for parents: Teach your children that the garage door is not a toy—no matter how much they like to push buttons. The National Safe Kids Campaign recommends that you teach your children to wait until the garage door stops moving before they enter or exit a garage. They also suggest locking a garage door's remote control in your car's glove compartment.

I smell the cedar and suddenly I'm seven years old, dressed up in my grandma's wedding gown. I remember going through her cedar chest, playing with her dolls and poring over pictures of when my mom was a baby. And I think about having a granddaughter one day who will look through my cedar chest and have a memory like this of me.

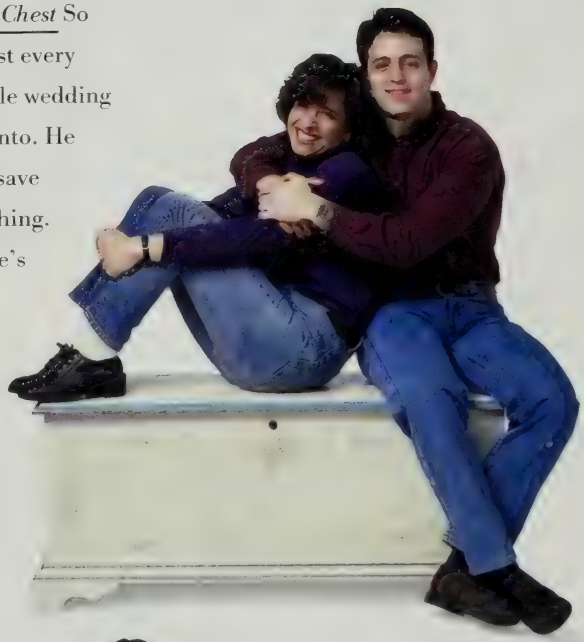


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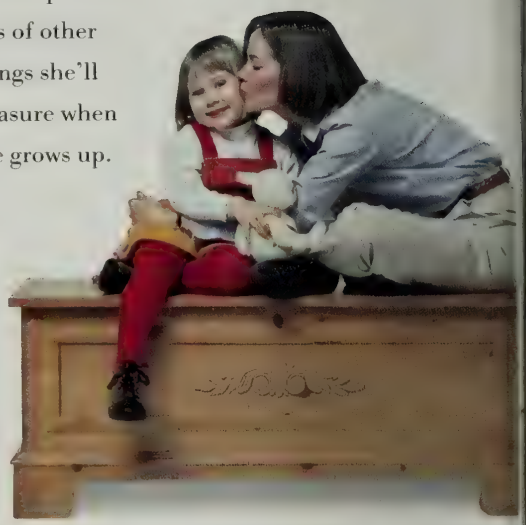
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to be erased by time.™

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Jeannette's *Montana Cedar Chest* The shoes Clair took her first steps in. And lots of other things she'll treasure when she grows up.







Lilly's *Wheatfield Cedar Chest* My favorite bear, Oliver, who went everywhere with me until I was in sixth grade.

Sue's *Country Comfort Cedar Chest* Wool socks, wool blankets, wool sweaters, wool hats—I live in Minneapolis.

Front Cover: Bountiful© Cedar Chest

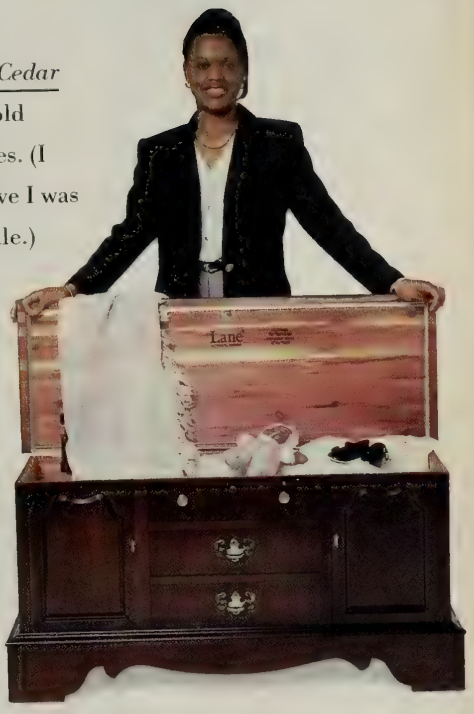
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For memories too precious to be erased by time.™

Vicki's *Berryville Cedar Chest* Nothing yet. I just got it because it looks great in my new bedroom.



Sharon's *Chadwick Cedar Chest* My old baby clothes. (I can't believe I was once so little.)





Mickey's *Hunter Cedar Chest* Two hundred letters from my high-school boyfriend, which no one will ever see.



Mildred's *Bridgewater II Cedar Chest* Three generations of my family's fondest memories.

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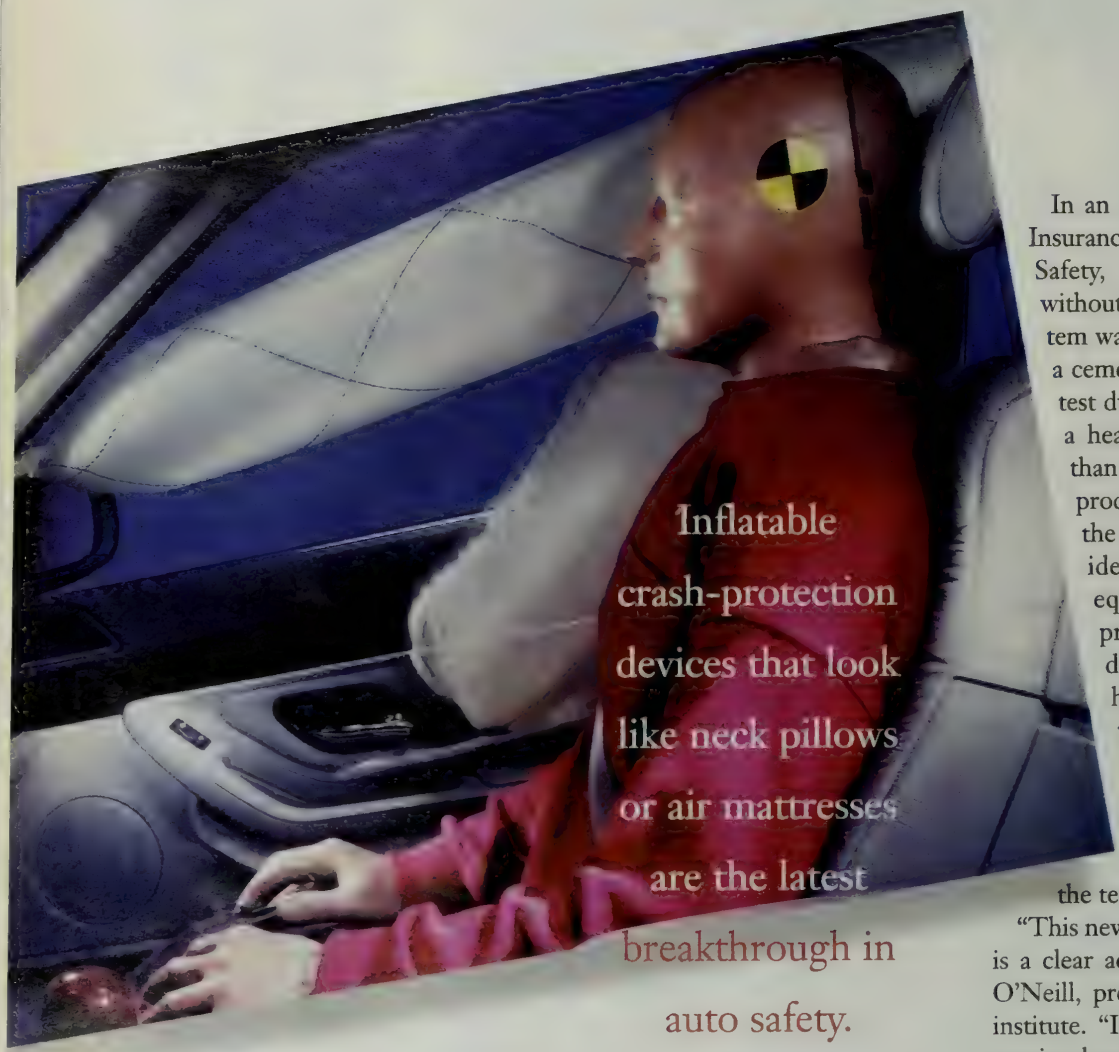
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Inflatable crash-protection devices that look like neck pillows or air mattresses are the latest breakthrough in auto safety.

Heads, You Win

by Lamont Olson

An inflatable device shaped like a big Bavarian sausage may someday save your life. Part of the head protection system pioneered by German automaker BMW, the soft tubes are designed to protect driver and front passenger from head injury in a severe side-impact collision. Crash tests indicate they work well.

The hidden 3-foot-long tubes deploy from above the front doors. They cushion the head and neck, then remain inflated for several seconds after the crash in case of a secondary impact. BMW engineers emphasize that they inflate with much less force than front air bags.

Federal safety watchers say devices like this could save about 600 persons each year from dying of head injuries. Even when side collisions aren't fatal, about half of the occupants are severely hurt. Of those, 43 percent suffer head injury.

In an independent test by the Insurance Institute for Highway Safety, a midsize BMW 528i without the head protection system was smashed sideways into a cement pole at 20 mph. The test dummy "died," sustaining a head injury score of more than 4,700 (a score of 1,000 produces serious injury). In the same crash test with an identical model 528i equipped with the head protection system, the dummy survived with a head injury score reduced to 620. BMW engineers say their own tests produced similar reductions in head injury impact as measured by the test instruments.

"This new head-protection system is a clear advancement," said Brian O'Neill, president of the insurance institute. "It will save lives by preventing head injuries in crashes that without it would be fatal."

Other carmakers, led by Volvo and Mercedes-Benz, will soon introduce similar systems. Among the safety advances in Volvo's new S80 sedan, which goes on sale this fall, will be a device like an air mattress that pops out from above the door to protect both front and rear passengers in side-impact crashes.

BMW's head-protection system is standard on its 5 Series midsize cars (base price $39,470) and its larger 7 Series luxury models. It will be standard on less expensive 3 Series compacts when redesigned 1999 models are introduced this fall.

continued on page 144



This is where we come in



You don't give much thought to the anti-lock brakes on your Ford, Mercury or Lincoln. You shouldn't have to. The fact is, ABS brakes interact with virtually every vehicle system to stop your car or truck safely and efficiently. They're precise components. So for brake service, or any repair, it makes sense to take your vehicle to the people who know it best. People with the training and parts your vehicle needs. See the Quality Care technicians at Ford and Lincoln-Mercury dealers. To learn more, visit us at www.qualitycareservice.com

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continued from page 142

Honda's Theory of Evolution



Like many immigrants, Hondas once arrived on these shores by ship. But the 1998 Accord is built in Marysville, Ohio, with engines and most transmissions made in the United States.

Snickering could be heard across the land when the first Honda sedans arrived in this country from Japan in 1970. They seemed like a joke.

That early Honda, the N600, was powered by a two-cylinder motorcycle engine, after all, and had 10-inch wheels—about the size of pie plates. Volkswagen Beetles were muscle cars by comparison.

But the Honda people evidently read their Charles Darwin. They believed an underachieving scooter could be a starting point for evolutionary change. And it was. Within a few years, Honda introduced the Civic, the gold standard of small cars, and then the Accord.

Today's Honda Accord is a nimble, confident automobile that's good at just about everything. It's vastly superior to the first Accord model released 22 years ago. But you can still recognize Honda family traits in the front-wheel-drive layout, rapid-revving engine, and attention to manufacturing detail.

The completely redesigned 1998 Accord is a smooth ride with a smart interior. Honda says they targeted this car at baby boomers—and they've made a direct hit in almost every department.

The four-door sedan can be faulted, like earlier Accords, for its lack of outward pizzazz. The exterior design is a study in restraint—no one will be snapping their head around to grab a second look. But that's just carping. Behind the wheel, you're among the fittest and you know you're going to survive just fine.

The top-of-the-line EX model comes with an optional 200-horsepower V6 engine. That's a lot of horses to reign in as the car hoofs it out of the stall. The standard 135-horsepower four cylinder packs less punch, but is still adequate for everyday driving. Test drive both and see if you prefer the tame and docile or bold and charging. There's also an in-between model.

It's worth noting that the four-cylinder, automatic-transmission version was the first gasoline-powered car to receive certification under California's new ultra-low-emissions standard, the nation's toughest antipollution regulation.

So, what's the EX like inside? There's an eight-way power seat wrapped with soft leather, an electronic security system, a crisp-sounding CD system, and a stronger air conditioner than previous models. The niftiest idea? A ceiling-mounted case for sunglasses that drops driving eyewear into your hand at the touch of a finger.

For everyday tasks, this car is practical with a generous 14.1-cubic-foot trunk. There's a built-in garage-door opener, which can easily be programmed to match the electronic signal of your door's opener.

On the safety side, the Accord has been making steady improvements in the last few years. The current edition has done as well in crash tests as almost any other car in its class (see chart, *left*), thanks in part to improved body strength. Air bags and antilock brakes are standard.

The base price for a four-cylinder, automatic DX is $15,900 and the fully equipped EX is $24,150. Among the Accord's competitors in the family-car bracket are the Ford Taurus, the Toyota Camry, and the redesigned Dodge Intrepid.

— by Steve Cooper

continued on page 146

Crash Test Ratings of 1998 Midsize Cars (3000 to 3499 lbs.)

		Frontal Crash Ratings		Side Crash Ratings	
		Driver	Passenger	Driver	Rear Passenger
Buick LeSabre 4 dr	3442 lbs.	★★★★	★★★★	★★★	★★★
Dodge Stratus 4 dr	3043 lbs.	★★★	★★★★	★★★	★★
Honda Accord 4 dr	3078 lbs.	★★★★	★★★★	Not Tested	Not Tested
Mercedes-Benz C230 4 dr	3190 lbs.	★★★★	★★★★	★★★	★★★★
Toyota Camry 4 dr	3098 lbs.	★★★★	★★★★★	★★★	★★★

In frontal and side-impact crash tests by the federal highway safety agency, driver and passengers receive a one- to five-star rating, with five stars indicating the best protection.

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Your Family Car

continued from page 144



Windstar earns another double five-star safety rating in crash tests.

Crashworthy Minivan

Ford Windstar continues to hold its spot atop the minivan safety ratings based on recent government tests. In frontal collision tests of 1998 vans, the Windstar earned a five-star rating for both driver and front passenger protection.

The latest tests used a Windstar with lower-power air bags, which deploy less forcefully than the previous version. The new air bags were just as effective as the ones they replaced. This is the third consecutive design of the Ford minivan to earn the top rating from the National Highway Traffic Safety Administration.

Also tested in the latest 35-mph crashes were the Dodge Caravan and its slightly larger sibling, the Grand Caravan. Both received three-star ratings for driver and passenger.

Windstar also excels in offset frontal collision tests run by the Insurance Institute for Highway Safety, an industry research group. Windstar earned the institute's only "good" rating and received its Best Pick selection out of nine passenger vans.

Crash Test Ratings of 1998 Vans

MAKE & MODEL	Frontal Crash Ratings Driver	Passenger
Dodge Caravan 3709 lbs.	★★★	★★★
Dodge Grand Caravan 4017 lbs.	★★★	★★★
Ford Windstar 3810 lbs.	★★★★★	★★★★★
Test of Previous Models Unchanged for 1998		
Chevrolet Astro 4415 lbs.	★★★	★★★
Chrysler Town & Country SX 3790 lbs.	★★★	★★★
Chrysler Town & Country LX 4017 lbs.	★★★	★★★
GMC Safari 4415 lbs.	★★★	★★★
Mazda MPV 3821 lbs.	★★★★	★★★★
Plymouth Grand Voyager 4017 lbs.	★★★	★★★
Plymouth Voyager 3709 lbs.	★★★	★★★



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From Harry and David, this bright coral rose (*left*) will grow up to 30 inches tall with 1½-inch blooms. Call 800/227-3313 for the Miracle Rose in ceramic cachepot (item 864M) $39.95 plus delivery; for the Miracle Rose in basket (item 8101M) $29.95 plus delivery; for the Miracle Rose plant only (item 865M) $19.95 plus delivery.



From Jackson & Perkins, these 4-inch, separately potted pink, red, and yellow roses (*left*) arrive already budded in a lined, handwoven bamboo basket. When planted where they get nourishing sunshine, they will grow up to 30 inches tall. Call 800/325-5345 for these roses (item 7208G) $39.95 plus delivery.

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(carprofen)

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DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pain and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.

PRECAUTIONS: As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Effects may result from decreased prostaglandin production and inhibition of the enzyme cyclo-oxygenase which is responsible for the formation of prostaglandins from arachidonic acid. When NSAIDs inhibit prostaglandins that cause inflammation they may also inhibit those prostaglandins which maintain normal homeostatic function. These anti-prostaglandin effects may result in clinically significant disease in patients with underlying or pre-existing disease more often than in healthy patients. NSAID therapy could unmask occult disease which has previously been undiagnosed due to the absence of apparent clinical signs. Patients with underlying renal disease for example, may experience exacerbation or decompensation of their renal disease while on NSAID therapy.

Carprofen is an NSAID, and as with others in that class, side effects may occur with its use. The most frequently reported effects have been gastrointestinal signs. Events involving suspected renal, hematologic, neurologic, dermatologic, and hepatic effects have also been reported. Patients at greatest risk for renal toxicity are those that are dehydrated, on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored. Sensitivity to drug-associated adverse events varies with the individual patient. For example, Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in well-controlled safety studies of up to ten times the dose in dogs.

Since a significant number of patients receiving Rimadyl are older dogs, it is advisable to conduct a geriatric examination and to consider appropriate laboratory tests to establish hematological and serum biochemical baseline data prior to administration of any NSAID. Periodic monitoring may be appropriate in certain patients. **Owners should be advised to watch for signs of drug intolerance, such as inappetence, vomiting, diarrhea, melena, PU/PD, anemia, jaundice, lethargy, ataxia, seizure, or behavioral changes.** (See Adverse Reactions section.) Recognition of possible drug-related clinical signs accompanied by withdrawal of the drug, and supportive therapy if appropriate, has resulted in recovery of the vast majority of patients. The side effects of this drug class, in rare situations, may be serious and if corrective action is not taken may result in hospitalization and even fatal outcomes.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's disease), as safety has not been established in dogs with these disorders. The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determine the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies (n=297) which were similar for carprofen- and placebo-treated dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as control.

The following occasionally occurring adverse drug reactions have been reported in association with the clinical use of Rimadyl:

Gastrointestinal: *Vomiting, diarrhea, inappetence, melena, hematemesis, gastrointestinal ulceration.*

Behavioral: *Sedation, lethargy, hyperactivity, restlessness, aggressiveness.*

Hepatic: *Inappetence, vomiting, jaundice, acute hepatic toxicity, hepatic enzyme elevation, abnormal liver function test(s), hyperbilirubinemia, hyperbilirubinuria, hypoalbuminemia. Approximately one-third of hepatic reports were in Labrador Retrievers.*

Renal: *Hematuria, polyuria, polydipsia, urinary incontinence, urinary tract infection, azotaemia, acute renal failure, tubular abnormalities including acute tubular necrosis, renal tubular acidosis, glucosuria.*

Neurologic: *Ataxia, paresis, paralysis, seizures, vestibular signs.*

Hematologic: *Immune-mediated hemolytic anemia, immune-mediated thrombocytopenia, blood loss anemia.*

Dermatologic: *Pruritus, increased shedding, alopecia, pyotraumatic moist dermatitis (hot spots), necrotizing panniculitis/vasculitis, ventral ecchymosis.*

Immunologic or hypersensitivity: *Facial swelling, hives, erythema.*

To report suspected adverse reaction call 1-800-366-5288.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

To obtain technical assistance, call 1-800-366-5288.

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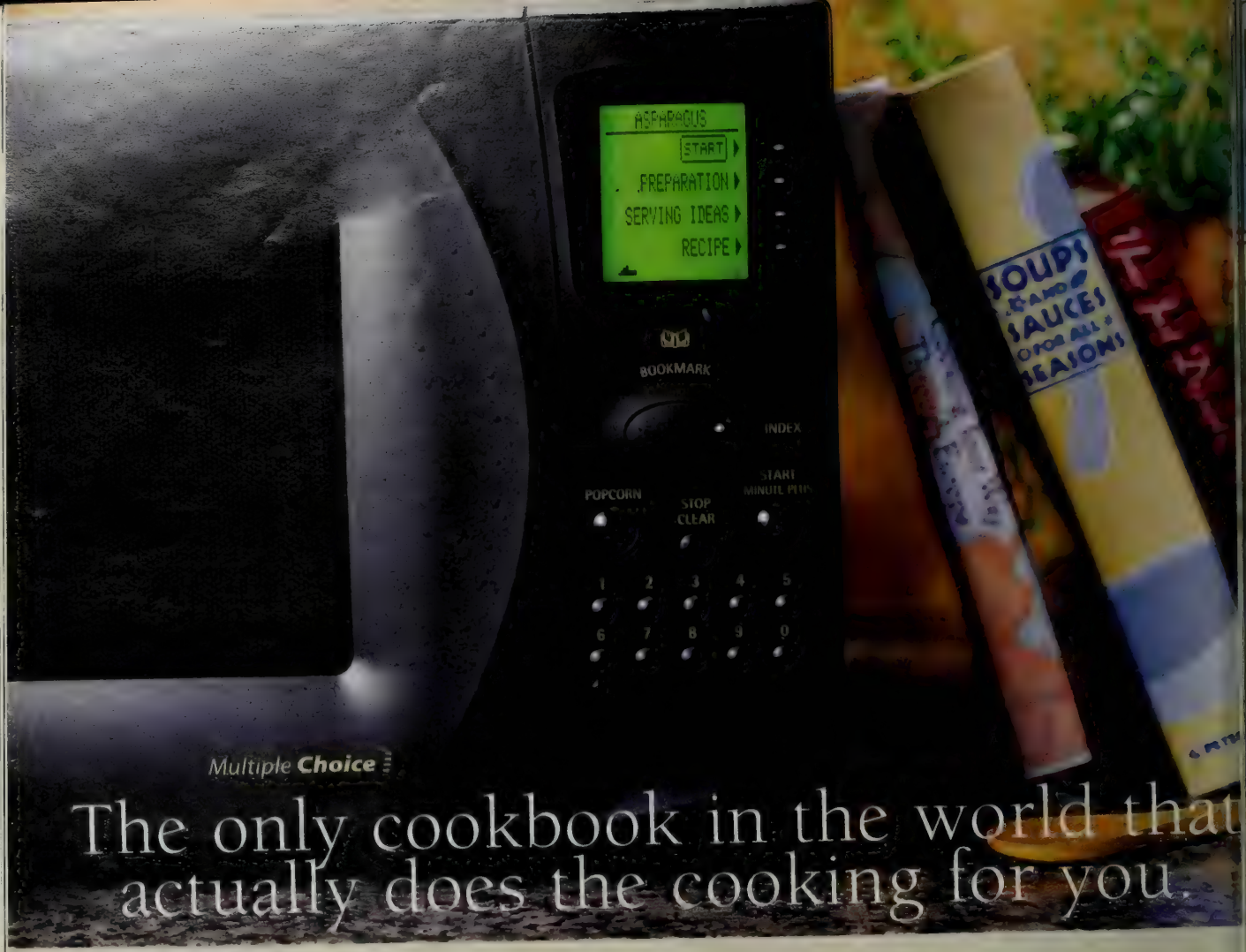
See brief summary on adjacent page for important information.

1. Proprietary market research, 1997. Veterinary sample size: 200. Data on file, Pfizer Animal Health.



Pfizer Animal Health

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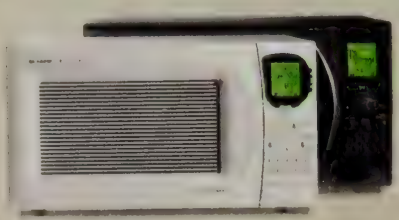
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"When I first started gardening, I just kept weeding," says Kathe Nelson. "I had an incredible mess, and I struggled." Then she discovered the wonders of mulch.

no need to weed

by Craig Summers Black

Even if you have expansive perennial gardens, yard work does not have to be hard work. Just ask Kathleen Nelson, whose gardens now cover almost two acres. Kathe, like you and me, hates to weed—so she rarely does. Fact is, she rarely has to. She's got her low-maintenance, anti-weed method down to a science. But it's not rocket science. It's simple stuff—stuff that saves her so much time that right now she is off planting more and more flowers.

continued on page 158

Here's how to tell a Century from most expensive luxury cars.

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**Dual zone climate control is not standard but is included in the price shown.

no need to weed



Kathe doesn't believe in being able to see the dirt in her beds. She plants her flowers thick, covering every inch of soil with perennials in a kind of living mulch.

A blanket of plants prevents sun from reaching soil, so weed seeds can't germinate between them. Drifts also reinforce themes and knit a garden together.

Kathe fought tenacious invaders for two years. "Then a friend brought a truckload of mulch. That's when the garden began," she says. "For me, mulch was the key. I couldn't stop myself from having huge gardens. With mulch, I could keep weeds under control—so I could have even *more* gardens."

Mulch keeps water from evaporating, deprives weed seeds of light, and prevents germination, Kathe says. She recommends at least an inch of mulch in flower beds, and as much as two.

continued on page 160



"Out here, you know a good thing when you see one."

When I first heard about snack chips being fried up in a cooking oil that added no fat or calories, I thought, how could that be? So I decided this new cooking oil was worth looking into.

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And while I don't like my family to snack too much, I do think the chips cooked with Olean are a better choice than the regular kind. They cut down on fat and calories, while tasting great. Sounds like a pretty fair deal to me.

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A good place to start.

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no need to weed





Kathe replenishes mulches, such as these bark-free wood chips (*left*), every fall. While this tall switch grass covers a lot of territory by the end of the season, it starts in spring from ground zero.

A native bowman's-root (in flower *above*) is skirted by two hostas, which in turn are surrounded by a ground cover. See any dirt? Of course not.



But don't overdo your mulching, she cautions: Huge piles will prevent deeply buried roots from receiving oxygen. Kathe uses several kinds of mulch: sawmill chips, shredded tree trimmings, bagged pine chips, buckwheat hulls, and on occasion, crushed rock. And if you've ever wondered about wood chips depleting the nitrogen in your beds, Kathe says, relax. "That hasn't been a problem," she says. "My plants are so happy to not have weeds that they don't notice any nitrogen problem."

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gardener's almanac

MAY 1998

by Craig Summers Black and Mark Kane



The Japanese andromeda glows bright red with spring's new growth, raining lily-of-the-valley-type blossoms.

EDITOR'S CHOICE

Fire on the Mountain

Here is a glossy evergreen that come spring radiates red and blooms white. The Japanese andromeda (*Pieris japonica*) is a handsome, easygoing addition to the home landscape: It looks impressive massed, especially with other broad-leafed evergreens; it's a standout as background or focal point in a perennial bed or border; and it is surely a welcome alternative to the usual foundation plants. Varieties such as Mountain Fire (*right*), Valley Fire, and Red Mill glow the glowiest and are hardy to at least 20 below. And Variegata, as you might expect, is superbly two-toned—and highly recommended—but it doesn't withstand temps below minus 10 or 15.

To order shrub, see page 168

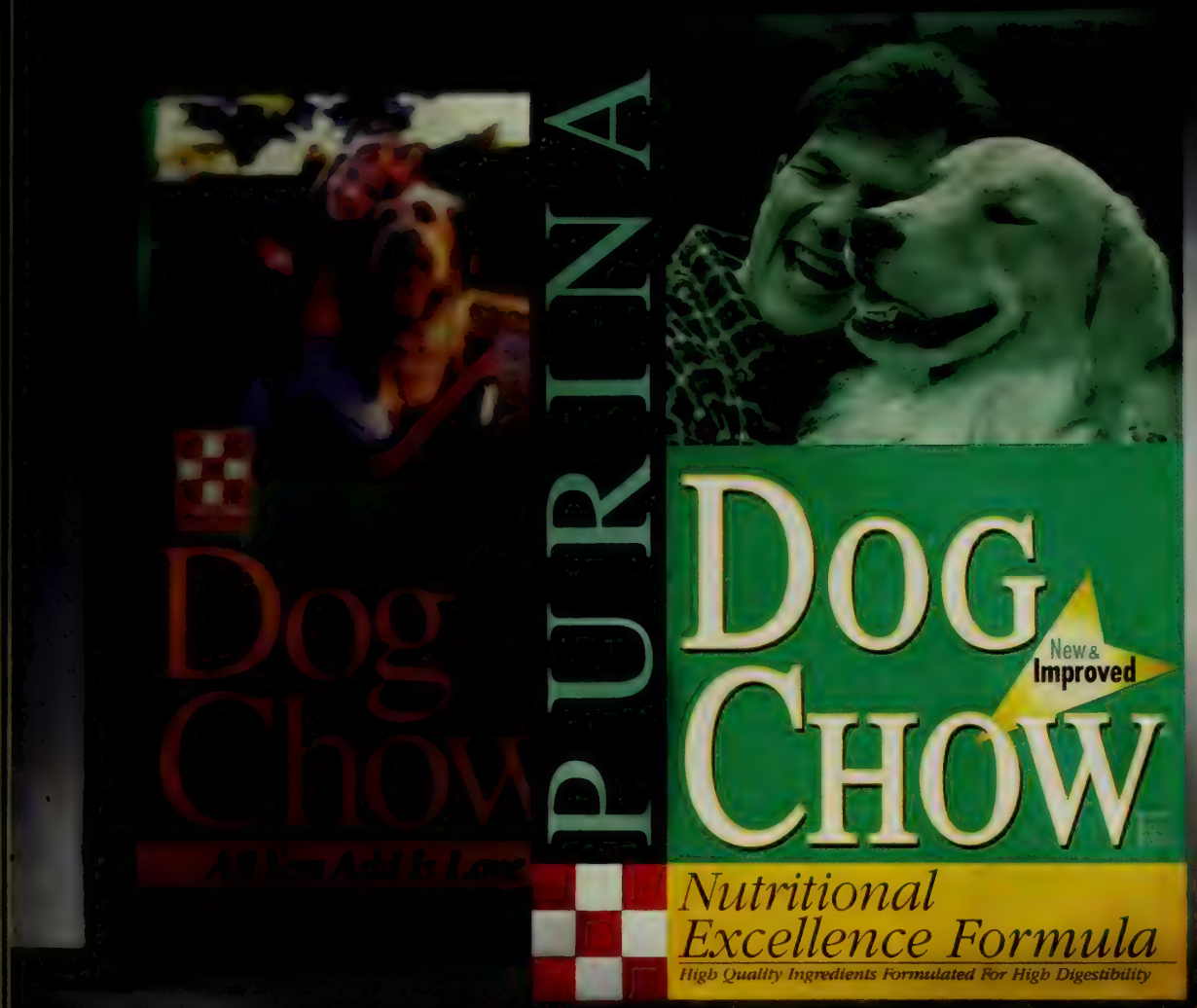


TEST GARDEN TIP

A Treat for Your Feet: Plant as You Pave

The easy way to get ground covers to fill the gaps in your stone path is to stick both plant and paver in the ground at the same time. It's no fun trying to excavate between already-laid stone, especially if your creepers' root balls are bigger than the gaps in your walkway. Plant soft mounds of thyme and mint to not only soften the hard edges of your pavers, but also emit a bit of fragrance as you walk. For a colorful, more casual look, mix and match with low growers such as pachysandra and bluestar creeper. This varied approach may be a necessity if your path goes in and out of shade.

Almanac continued on page 164



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OILY TO RISE.



Greasy, grimy stain? That's O.K. RESOLVE® Carpet Cleaner with STAIN REPEL™ Protector will rise to the occasion to easily lift out greasy, oily stains. It even protects your carpet against future stains. So take away the worry. Take away the stain.



Take out RESOLVE® Carpet Cleaner— America's #1 Carpet Cleaner.

©1997 Reckitt & Colman, Inc.





LOOKING GOOD

It's OK to Play as You Go

The great minds of landscaping all nod their heads quite knowingly and say in unison: "You must, simply must, put in all your structures first—long before you even *think* of planting a sprig." Of course, these are the same fuddy-duds who insist you map out every bit of your yard and plot each and every posy. Well, we've never heard of any home gardener who ever did really garden on graph paper first. Because gardens evolve. They grow. They wax, they wane, they whatever. Cheryl Adams Kanes has been gardening at her Atlanta home for 17 years, and her structures (*shown here*) get built when she's good and ready for them. "I like to try new things. The garden has really evolved and come a long way," she says. "The lighting here is constantly changing because of the large trees. Some of my sunny areas used to be a lot sunnier." We see even more change in store.

The stacked stone columns and stone arch (*top*) replaced a worn-out cedar fence. The playhouse (*above*) was made of cinder blocks from a knocked-down garage. The greenhouse (*below*) replaced an island bed.



continued on page 166



Set six AM and six FM stations.



Easily connect your CD player, cassette player, TV, or VCR.

HEAR WHY THE BOSE® WAVE® RADIO WAS NAMED A "BEST NEW PRODUCT OF 1994" BY *BUSINESS WEEK*.

Tabletop radios are popular for their convenience and small size. But their sound quality leaves much to be desired. No one really expects high-fidelity sound from a radio. Until now.

Just as a flute strengthens a breath of air to fill an entire concert hall, the waveguide produces room-filling sound from a small enclosure. This technology and performance is available in no other radio.

You'll touch a button and hear your favorite music come alive in rich stereo sound. You'll hear every note the way it's *meant* to be heard. The Wave radio measures just 4⅛"H × 14"W × 8¼"D and fits almost anywhere. So you can listen in your bedroom, living room, kitchen, or any room. And with your choice of imperial white or graphite gray, the Wave radio not only fits in any room, it fits any decor.

CALL NOW AND MAKE SIX INTEREST-FREE PAYMENTS.

The Wave radio is available for $349 directly from Bose, the most respected name in sound. So call 1-800-681-BOSE, ext. R7746, to learn more about our in-home trial and satisfaction guarantee. When you call, ask about our six-month installment payment plan.

HEAR THE RADIO THAT WOKE UP AN ENTIRE INDUSTRY.

Bose presents the Wave radio. It's the one radio acclaimed by leading audio critics. Because it's the one radio that delivers big, rich, lifelike stereo sound *plus* a small, convenient size.



Or, if you prefer, return the coupon below.

Wired magazine said it has a "clean, sweet sound that will have your friends wondering where you've hidden your fancy speakers." But you have to hear the Wave radio for yourself to believe it. Call today.

THE BEST-SOUNDING RADIO YOU CAN BUY.

We think the Wave radio is the best-sounding radio you can buy. And audio critics agree.



The speakers in conventional radios cannot produce lifelike bass, which is essential for great sound.

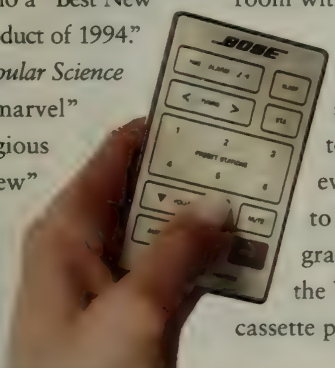
Radio World called the sound "simply amazing...a genuine breakthrough in improved sound quality." *Business Week* named the Wave radio a "Best New Product of 1994." *Popular Science* called it "a sonic marvel" and gave it a prestigious "Best of What's New" award. The key is our patented acoustic waveguide speaker technology.



Only the Wave radio with acoustic waveguide speaker technology produces high-quality sound with full, rich bass.

REMOTE-CONTROLLED CONVENIENCE.

Operate the radio from across the room with the credit card-sized remote control. Set six AM and six FM stations, and switch between them at the touch of a button. You can even bring great Bose sound to recorded music, TV programs, or movies by connecting the Wave radio to your CD or cassette player, TV, or VCR.



ORDER BY JUNE 30, 1998, FOR FREE SHIPPING.

CALL 1-800-681-BOSE, EXT. R7746.

When you call, ask about our six-month installment payment plan. (Available on telephone orders only.) Also ask about FedEx® delivery service.

Please specify your color choice when ordering the Wave® radio:
☐ Imperial White ☐ Graphite Gray

Mr./Mrs./Ms.
Name (Please Print)
Address
City State Zip
( )
Daytime Telephone
( )
Evening Telephone

Mail to: Bose® Corporation, Dept. CDD-R7746, The Mountain, Framingham, MA 01701-9168, or fax to 1-800-862-BOSE (1-800-862-2673).

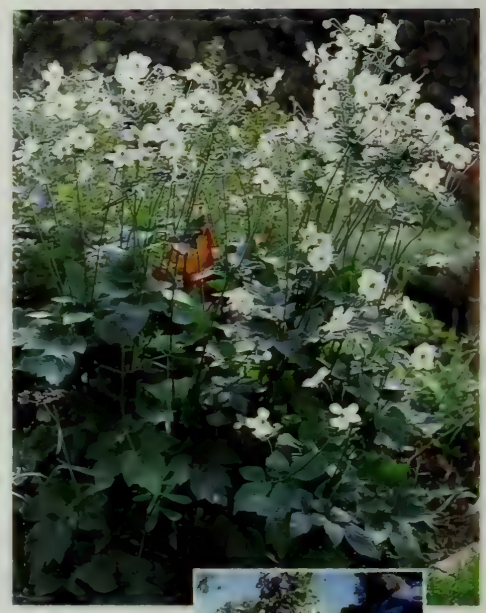
BOSE®
Better sound through research.

©1998 Bose Corporation. Covered by patent rights issued and/or pending. Installment payment plan and free shipping offer not to be combined with any other offer. Installment payment plan available on credit card orders only. Price does not include applicable sales tax. Price and/or payment plan subject to change without notice. FedEx service marks used by permission. Frank Beacham, *Radio World*, 12/93. *Wired*, 6/94.

photo tip 1









To spotlight your subject (here, an anemone), move around the plant until you can view it with a plain background kept firmly in the distance. This will put that backdrop out of focus, forcing attention on your specimen. If you can't find anything as accommodating as a wall of Virginia creeper (*above right*), get down low. Real low. As you look up, your subject will have a baby-blue background—the sky (*top left*).

SMART GARDENING

Photo Synthesis

The *BH&G*® Garden Guys like nothing better than taking pictures of our gardens while we wait for the rest of our families to wake up. Yes, early morning produces the best light for taking garden photos. If you'd like to try your hand, enter the 1998 American Home and Botanical Garden Photo Contest, sponsored by Fox Photo, Inc., in cooperation with *Better Homes and Gardens*® magazine and the American Association of Botanical Gardens and Arboreta. To enter, call 800/366-3655 or visit the magazine's Internet site at www.bhglive.com. And if the rest of your family gets up as early as you do, by all means, feel free to put them in the pictures.

Buying information, page 95

photo tip 2





You want to take a professional-looking landscape shot? Get close to your subject. Ready? Now get closer. Garden editor Mark Kane liked the look of chrysanthemums and their surroundings (*far left*). Then, since it was the mums that caught his eye in the first place, he decided he should move a couple steps closer and shoot again (*left*).



Does your life have signs of persistent anxiety?



Have you been bothered by unrealistic, uncontrollable, and excessive worry for the majority of days over the last 6 months? If you have, do you also suffer from three or more of the signs and symptoms of persistent anxiety you see to the left?

If you answered yes to three or more of these, and they significantly affect your ability to function normally, see your doctor.

Only your doctor can diagnose and treat persistent anxiety.

Persistent anxiety is more than just common everyday stress. It's a medically treatable condition.

Anxiety and tension associated with everyday life usually do not require treatment. Persistent anxiety involves excessive, unfounded worry that lasts for 6 months or more, as well as other physical and psychological symptoms, some of which are described to the left of this column. If you recognize these symptoms in yourself and your doctor rules out other illnesses, you may be one of the over 10 million Americans suffering from persistent anxiety. Many people who suffer from these symptoms don't realize that these symptoms can be caused by persistent anxiety, and that they can get help to feel better.

BuSpar is a nonhabit-forming medicine for the treatment of persistent anxiety.

So ask your doctor about anxiety therapies, including nonaddictive BuSpar. BuSpar works progressively over a matter of weeks to relieve anxiety symptoms. Shown to be effective for many people, BuSpar may help you feel like yourself again.

Some people experience side effects like dizziness, nausea, headache, nervousness, lightheadedness, and excitement. These side effects are usually not serious enough to make most people stop taking BuSpar. Your doctor will caution you about driving a car or using complex machinery until you are reasonably sure that BuSpar will not affect alertness or coordination.

Please see important additional information on next page.
BCS8-0422RR

Tear out and bring to your doctor.

ASK YOUR DOCTOR ABOUT NONHABIT-FORMING

BuSpar 15 mg Dividose®

buspirone HCl, USP

For more information, call **1-800-4-RELIEF, ext. 7,** or visit our website at **http://www.anxiety-relief.com**

CAUTION: FEDERAL LAW PROHIBITS DISPENSING WITHOUT PRESCRIPTION.

BuSpar®
(buspirone HCl, USP)

Brief Summary of Prescribing Information, 12/94. For complete prescribing information, please consult official package circular.

CONTRAINDICATIONS

Hypersensitivity to buspirone hydrochloride.

WARNINGS

The administration of BuSpar to a patient taking a monoamine oxidase inhibitor (MAOI) may pose a hazard. Since blood pressure has become elevated when BuSpar was administered concomitantly with an MAOI, such concomitant use is not recommended. BuSpar should not be employed in lieu of appropriate antipsychotic treatment.

PRECAUTIONS

General – *Interference with cognitive and motor performance:* Although buspirone is less sedating than other anxiolytics and does not produce significant functional impairment, its CNS effects in a given patient may not be predictable: therefore, patients should be cautioned about operating an automobile or using complex machinery until they are reasonably certain that buspirone does not affect them adversely. Although buspirone has not been shown to increase alcohol-induced impairment in motor and mental performance, it is prudent to avoid concomitant use with alcohol.

Potential for withdrawal reactions in sedative/hypnotic/anxiolytic drug-dependent patients: Because buspirone will not block the withdrawal syndrome often seen with cessation of therapy with benzodiazepines and other common sedative/hypnotic drugs, before starting buspirone withdraw patients gradually from their prior treatment, especially those who used a CNS depressant chronically. Rebound or withdrawal symptoms may occur over varying time periods, depending in part on the type of drug and its elimination half-life. The withdrawal syndrome can appear as any combination of irritability, anxiety, agitation, insomnia, tremor, abdominal cramps, muscle cramps, vomiting, sweating, flu-like symptoms without fever, and occasionally, even as seizures.

Possible concerns related to buspirone's binding to dopamine receptors: Because buspirone can bind to central dopamine receptors, a question has been raised about its potential to cause acute and chronic changes in dopamine mediated neurological function (e.g., dystonia, pseudoparkinsonism, akathisia, and tardive dyskinesia). Clinical experience in controlled trials has failed to identify any significant neuroleptic-like activity; however, a syndrome of restlessness, appearing shortly after initiation of treatment, has been reported: the syndrome may be due to increased central noradrenergic activity or may be attributable to dopaminergic effects (i.e., represent akathisia).

Information for Patients – Patients should be instructed to inform their physician about any medications, prescription or nonprescription, alcohol, or drugs they are now taking or plan to take during treatment with buspirone; to inform their physician if they are pregnant, are planning to become pregnant, or become pregnant while taking buspirone; to inform their physician if they are breast feeding; and not to drive a car or operate potentially dangerous machinery until they experience how medication affects them.

Drug Interactions – Concomitant use with other CNS active drugs should be approached with caution (see **WARNINGS**). Concomitant use with trazodone may have caused 3- to 6-fold elevations on SGPT (ALT) in a few patients. Concomitant administration of BuSpar and haloperidol resulted in increased serum haloperidol concentrations in normal volunteers. The clinical significance is not clear. Buspirone does not displace tightly bound drugs like phenytoin, propranolol, and warfarin from serum proteins, but may displace less firmly bound drugs like digoxin. However, there was one report of prolonged prothrombin time when buspirone was given to a patient also treated with warfarin, phenytoin, phenobarbital, digoxin, and Synthroid.

Carcinogenesis, Mutagenesis, Impairment of Fertility – No evidence of carcinogenic potential was observed in rats or mice; buspirone did not induce point mutations, nor was DNA damage observed; chromosomal aberrations or abnormalities did not occur.

Pregnancy: Teratogenic Effects – Pregnancy Category B: Should be used during pregnancy only if clearly needed.

Nursing Mothers – Administration to nursing women should be avoided if clinically possible.

Pediatric Use – The safety and effectiveness have not been determined in individuals below 18 years of age.

Use in the Elderly – No unusual, adverse, age-related phenomena have been identified in elderly patients receiving a total, modal daily dose of 15 mg.

Use in Patients With Impaired Hepatic or Renal Function – Since buspirone is metabolized by the liver and excreted by the kidneys, it is not recommended in severe hepatic or renal impairment.

ADVERSE REACTIONS (See also PRECAUTIONS)

Commonly Observed – The more commonly observed untoward events, not seen at an equivalent incidence in placebo-treated patients include dizziness, nausea, headache, nervousness, lightheadedness, and excitement.

Associated With Discontinuation of Treatment – The more common events causing discontinuation included: central nervous system disturbances (3.4%), primarily dizziness, insomnia, nervousness, drowsiness, lightheaded feeling; gastrointestinal disturbances (1.2%), primarily nausea; miscellaneous disturbances (1.1%), primarily headache and fatigue. In addition, 3.4% of patients had multiple complaints, none of which could be characterized as primary.

Incidence in Controlled Clinical Trials – Adverse events reported by 1% or more of 477 patients who received buspirone in four-week, controlled trials: *Cardiovascular:* Tachycardia/palpitations 1%. *CNS:* Dizziness 12%, drowsiness 10%, nervousness 5%, insomnia 3%, lightheadedness 3%, decreased concentration 2%, excitement 2%, anger/hostility 2%, confusion 2%, depression 2%. *EENT:* Blurred vision 2%. *Gastrointestinal:* Nausea 8%, dry mouth 3%, abdominal/gastric distress 2%, diarrhea 2%, constipation 1%, vomiting 1%. *Musculoskeletal:* Musculoskeletal aches/pains 1%. *Neurological:* Numbness 2%, paresthesia 1%, incoordination 1%, tremor 1%. *Skin:* Skin rash 1%. *Miscellaneous:* Headache 6%, fatigue 4%, weakness 2%, sweating/clamminess 1%.

Other Events Observed During the Entire Premarketing Evaluation – The relative frequency of all other undesirable events reasonably associated with the use of buspirone in approximately 3000 subjects who took multiple doses under well-controlled, open, and uncontrolled conditions is defined as follows: Frequent are those occurring in at least 1/100 patients; infrequent are those occurring in 1/100 to 1/1000 patients; and rare are those occurring in less than 1/1000 patients. *Cardiovascular* – frequent: nonspecific chest pain; infrequent: syncope, hypotension, and hypertension; rare: cerebrovascular accident, congestive heart failure, myocardial infarction, cardiomyopathy, bradycardia. *Central Nervous System* – frequent: dream disturbances; infrequent: depersonalization, dysphoria, noise intolerance, euphoria, akathisia, fearfulness, loss of interest, dissociative reaction, hallucinations, suicidal ideation, seizures; rare: feelings of claustrophobia, cold intolerance, stupor, slurred speech, psychosis. *EENT* – frequent: tinnitus, sore throat, nasal congestion; infrequent: redness and itching of the eyes, altered taste, altered smell, conjunctivitis; rare: inner ear abnormality, eye pain, photophobia, pressure on eyes. *Endocrine* – rare: galactorrhea, thyroid abnormality. *Gastrointestinal* – infrequent: flatulence, anorexia, increased appetite, salivation, irritable colon, rectal bleeding; rare: burning of the tongue. *Genitourinary* – infrequent: urinary frequency, urinary hesitancy, menstrual irregularity and spotting, dysuria; rare: amenorrhea, pelvic inflammatory disease, enuresis, nocturia. *Musculoskeletal* – infrequent: muscle cramps, muscle spasms, rigid/stiff muscles, arthralgias. *Neurological* – infrequent: involuntary movements, slowed reaction time; rare: muscle weakness. *Respiratory* – infrequent: hyperventilation, shortness of breath, and chest congestion; rare: epistaxis. *Sexual Function* – infrequent: decreased or increased libido; rare: delayed ejaculation, impotence. *Skin* – infrequent: edema, pruritus, flushing, easy bruising, hair loss, dry skin, facial edema, blisters; rare: acne, thinning of nails. *Clinical Laboratory* – infrequent: increases in hepatic aminotransferases (SGOT, SGPT); rare: eosinophilia, leukopenia, thrombocytopenia. *Miscellaneous* – infrequent: weight gain, fever, roaring sensation in the head, weight loss, malaise; rare: alcohol abuse, bleeding disturbance, loss of voice, and hiccoughs.

POSTINTRODUCTION CLINICAL EXPERIENCE: Rare occurrences of allergic reactions (including urticaria), cogwheel rigidity, dystonic reactions, ataxias, extrapyramidal symptoms, dyskinesias (acute and tardive), ecchymosis, emotional lability, tunnel vision, and urinary retention have been reported. Because of the uncontrolled nature of these spontaneous reports, a causal relationship to BuSpar has not been determined.

DRUG ABUSE AND DEPENDENCE

Controlled Substance Class – Not a controlled substance

Physical and Psychological Dependence – Buspirone has shown no potential for abuse or diversion and there is no evidence that it causes tolerance, or either physical or psychological dependence. However, since it is difficult to predict from experiments the extent to which a CNS-active drug will be misused, diverted, and/or abused once marketed, physicians should carefully evaluate patients for a history of drug abuse and follow such patients closely, observing them for signs of buspirone misuse or abuse (e.g., development of tolerance, incrementation of dose, drug-seeking behavior).

OVERDOSAGE

Signs and Symptoms – At doses approaching 375 mg/day the following symptoms were observed: nausea, vomiting, dizziness, drowsiness, miosis, and gastric distress. A few cases of overdosage have been reported with complete recovery as the usual outcome. No deaths have been reported following overdosage with BuSpar alone. Rare cases of intentional overdosage with a fatal outcome were invariably associated with ingestion of multiple drugs/or alcohol, and causal relationship to buspirone could not be determined.

Recommended Overdose Treatment – General symptomatic and supportive measures should be used along with immediate gastric lavage. No specific antidote is known and dialyzability of buspirone has not been determined.

U.S.A. Patent Nos. 3,717,634 and 4,182,763

Bristol-Myers Squibb Company
Princeton, NJ 08543
U.S.A.

Based on
81843-D1K-019PW

Revised December 1994

reader shopping

Shrub of Choice



This month's Gardener's Almanac (*pages 162 to 166*) features the **Japanese andromeda** (*Pieris japonica*) **Mountain Fire** as the Editor's Choice. It is an upright, bushy, and dense shrub, growing to about 8 feet high and 6 feet wide at maturity. Its newly sprouted foliage—brilliant red—is extremely attractive. Later, it becomes glossy green. The flowers are white. It performs best in Zones 5 to 8.

Available by arrangement with Carroll Gardens, shrubs are about 10 inches tall when you receive them at the time to plant in your zone (April 15 to June 15, 1998). *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, and Puerto Rico.*

Buy several and save! One shrub is $37.95; additionals are $30.00 each. Prices include shipping by UPS 3-Day Select, handling, and applicable sales tax. *Please order early; quantities are limited.*

TO ORDER with Mastercard, Visa, or American Express, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 9805, Box 9128, Des Moines, IA 50306-9128.



FOR THE FIRST TIME EVER

Jackie

The ultimate Wedding Portrait Doll of our most beloved First Lady.

Jacqueline Kennedy. To the nation, she was known simply—and affectionately—as Jackie. Our most beloved First Lady. But on September 12, 1953, she was just Jackie Bouvier, who had captured the heart of Senator John F. Kennedy. Now The Franklin Mint presents the first heirloom doll to portray her as she appeared on her wedding day.

Crafted in hand-painted porcelain, the doll wears an authentic re-creation of Jackie's gown. Lavish cream taffeta, with rose point and point d'esprit lace. She wears a gold-plated rhinestone bracelet, and a faux pearl necklace.

Issued in a hand-numbered Limited Edition which will close forever after just 45 firing days, this historic creation is just $195, payable in convenient monthly installments.

Satisfaction Guaranteed. If you wish to return any Franklin Mint purchase, you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.

Extraordinary heirloom collector doll shown smaller than actual size of 16¾" (41 cm) in height.

ISSUED IN A HAND-NUMBERED LIMITED EDITION.

Please mail by May 31, 1998.

The Franklin Mint
Franklin Center, PA 19091-0001

Please enter my order for The Jacqueline Kennedy Heirloom Bride Doll.

I need SEND NO MONEY NOW. I will be billed for my doll in 5 equal monthly installments of $39.* each, with the first payment due prior to shipment. **Plus my state sales tax and a one-time charge of $4.95 for shipping and handling.*

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS _____
PLEASE PRINT CLEARLY

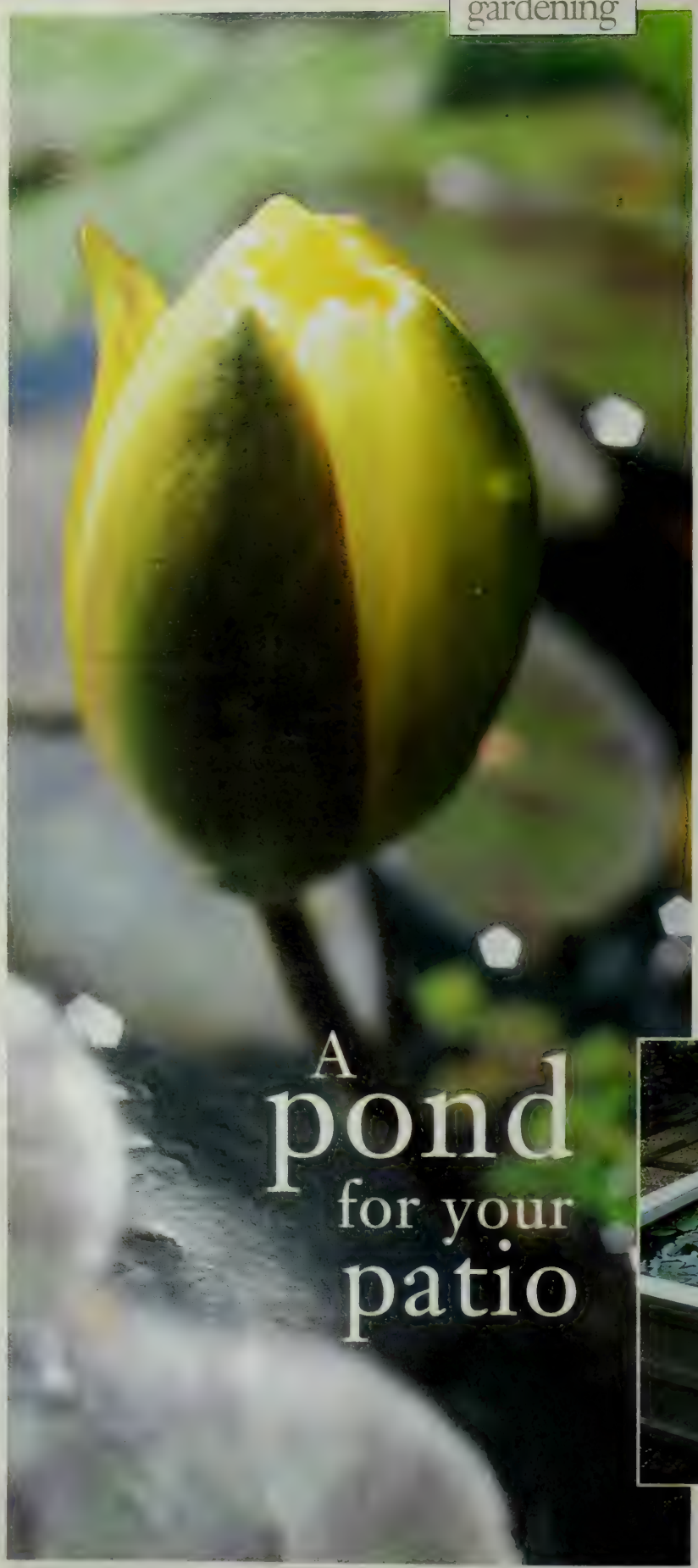
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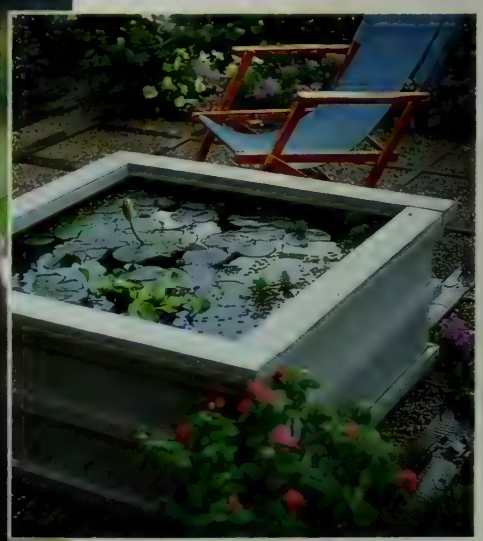
THE FRANKLIN MINT



A pond for your patio

Think of this as the most accommodating of water gardens. It's fairly inexpensive, easy to assemble, no problem to move around, *and* there's no digging required. After a half-day or so with a saw, scissors, and screwdriver, you're ready to plant. Then, as with instant cake mix, just add water. And maybe some fish, too. Plug in the pump-and-fountain kit and relax. Listen for the burble in your backyard and await the unfolding of the lilies.

continued on page 172



by Craig Summers Black and Mark Kane



Exhilarating new flavors.
Ten vitamins and minerals. Hey, we didn't call it Body Refreshers™ for nothing.

Crystal Light® introduces new Body Refreshers. Three luscious new fruity blends. Ten essential vitamins and minerals in every glass. Refreshed? We thought so.



A pond for your patio



BUILDING YOUR POND

MATERIALS

Pressure-treated lumber:
Six 1×2s 8' long
Two 2×2s 8' long
Two 2×4s 8' long
Seven 2×8s 8' long

Deck screws: 2", 2½", 3", 3½"

Wood shims

Pond liner at least 66" square and 35 mils thick

Pond pump-and-fountain kit



Cut 2×2s to length for the base frame, and assemble it with 3-inch deck screws (corrosion-resistant flathead screws). To prevent splitting lumber, drill countersunk pilot holes for all screws.

Crosscut 2×8s to make five 36-inch-long pieces, and place them edge to edge. Mark the last board so the overall width of the base is 36 inches, and cut to size. Put the boards face down on your work surface, center the base frame, and drive 2½-inch deck screws through the base frame into the base. Then turn the base assembly over, and position it where you want the water garden. Use a level to check the base in both directions, and use tapered wood shims under the base frame to adjust it, if necessary.

Crosscut the eight 2×8 side pieces to lengths shown in the illustration (*above*), and assemble them with 3½-inch deck screws into

continued on page 174

The biggest hassle of owning a Trex® deck.



[Willard Scott – *Trex* deck owner.]

Trex Easy Care Decking™ doesn't come with the hassles of a typical wood deck, like sealing and splinters. Why? *Trex Easy Care Decking* is a wood-polymer lumber. So it's beautiful like wood without the hassles of wood.

So go ahead and walk barefoot on a *Trex* deck. It doesn't splinter. And don't worry about warping, rotting, or insect damage either. To find out how you can enjoy a beautiful *Trex* easy-care deck, call 1-800-BUY-*TREX*.

Trex®
Easy Care Decking™
www.trex.com

SEALING SPLINTERS HASSLES



Pond plants can add newfound color to your yard. Floating plants deter algae growth and help keep ponds clean.

two boxes. Position the first box on the base assembly, and miter the 1×2 banding to run around its perimeter. Center the banding on the joint line between the box sides and base, and fasten it with 2-inch deck screws. Make sure to drive some screws into the box sides and others into the base.

Stack the second box on top of the first, and add two more sets of banding: one straddling the joint line, and the other flush with the top of the sides. Cut a ½×½-inch notch at one corner to provide a neat pathway for the pump's electrical cord.

Fill the pond with water from a garden hose. (Wait 24 hours before adding any fish.) Now plug in your pool and put your feet up.

POND KIT OFFER

We've done the shopping for you! Just add lumber, and you can make your own water garden. Each **Patio Pond Kit** contains a Project Plan for building the basic box, a submersible pump, four fountain heads, and 35-mil liner stock. From Water Creations, the price for the complete kit is $129.95, which includes shipping, handling, and applicable sales tax. To order, call 800/881-4066.

A pond for your patio

FINISHING TOUCHES

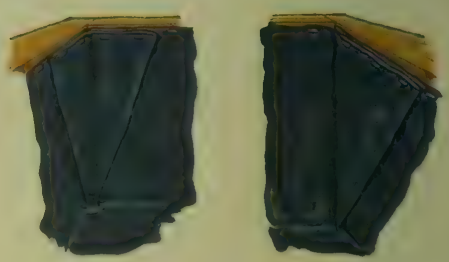
STEP 1

Cut the pond liner to a manageable size. A 66-inch square gives you a 1½-inch allowance on all sides. Put the liner into the box and roughly center it



STEP 2

You can divide the surplus into equal pleats on each side (near right), or pleat all of it to one side (far right). Then drive a few staples through the liner near the top of each side. Use heavy scissors or a utility knife to trim the liner flush with the top of the sides.



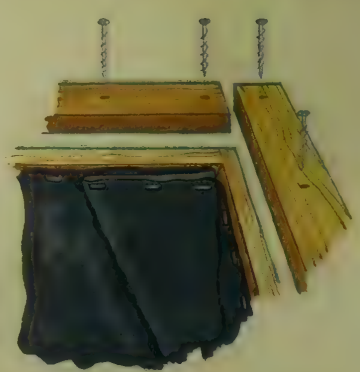
STEP 3

Position the pump inside the box, and route its cord through the notch.



STEP 4

Cut the 2×4 cap strips to sizes shown in illustration (see *page 172*), and screw them into place. Double-check the completed box's location (full sun is best) and level before filling it with water. You won't be able to move the box without draining it. The water alone weighs almost 600 pounds.



Discover firsthand the towering beauty that is North America.

EXPLORE IT!



et your spirit of adventure begin here. *With KOA Kampgrounds as ur camping host, you can count on us for information and directions to any place and every place u'll want to see. For a complete list of over 70,000 KOA campsites, amenities, rates, camping maps nd guides, plus a listing of toll-free reservation numbers, send $3.00 for the 1998 KOA Directory, oad Atlas & Camping Guide to: KOA Directory, P.O. Box 30162, Dept. BHG, Billings, Mt 59107, or sit our internet site: www.koakampgrounds.com*

KOA KAMPGROUNDS



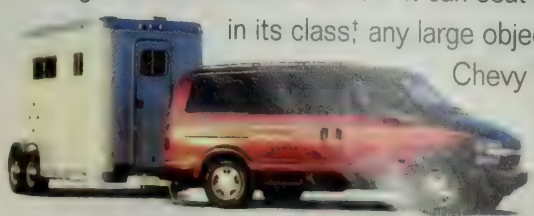
1988



1998

REMEMBER WHEN ALL YOU NEEDED TO CARRY THEIR THINGS WAS A DIAPER BAG?

My, how they've grown. My, how their stuff has grown. Enter the Chevy™ Astro.® It has over 170 cubic feet* of cargo room to stuff their stuff. It can seat up to eight passengers. And since Astro has the best towing capacity in its class†, any large objects or animals you can't fit inside you can tow outside. Astro, from Chevy Trucks. The most dependable, longest-lasting trucks on the road.** Call **1-800-950-2438** or visit www.chevrolet.com for the details.



ASTR

LIKE A ROC

*With second and third row seats removed. †When properly equipped. Excludes other GM products.
**Dependability based on longevity: 1981-1996 full-line light-duty truck company registrations. Excludes other GM divisions. ©1997 GM Corp. Buckle up, America!



Affordable safety.
Now it's not just another oxymoron.

Sure, there are plenty of safe cars for your family. Of course, they're usually so expensive you can kiss the kids' college fund goodbye. And the vacation. And the... you get the picture. Good thing there's the Chevy™ Cavalier.*

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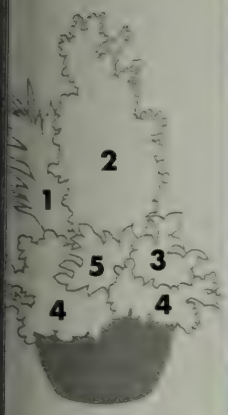
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Here is how to plant a seaside-looking chartreuse combo:
1. Miscanthus Zebrinus. "Zebra grass picks up on the beachy feeling," says designer Dennis Schrader, who assembled the pots for this story.
2. Nicotiana langsdorfii. Also known as green flowering tobacco, for height.
3. Coleus Ella Cinders. For texture.
4. Lantana Light Yellow. For color.
5. Ipomoea Batatas Margarita. This sweet potato vine trails nicely.



putting the tropics in a pot

By Craig Summers Black

As the weather begins to act tropical, so can your yard. Here are five design plans for outdoor container gardens that will put you in that barefoot-in-the-backyard mood.

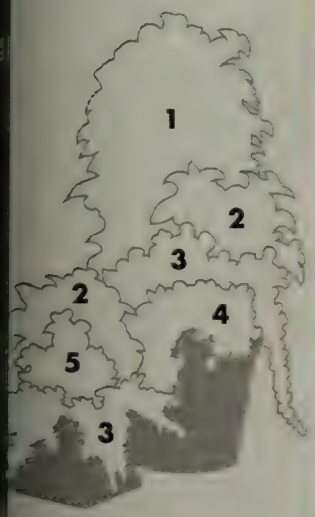

"To create a pleasing color scheme, take



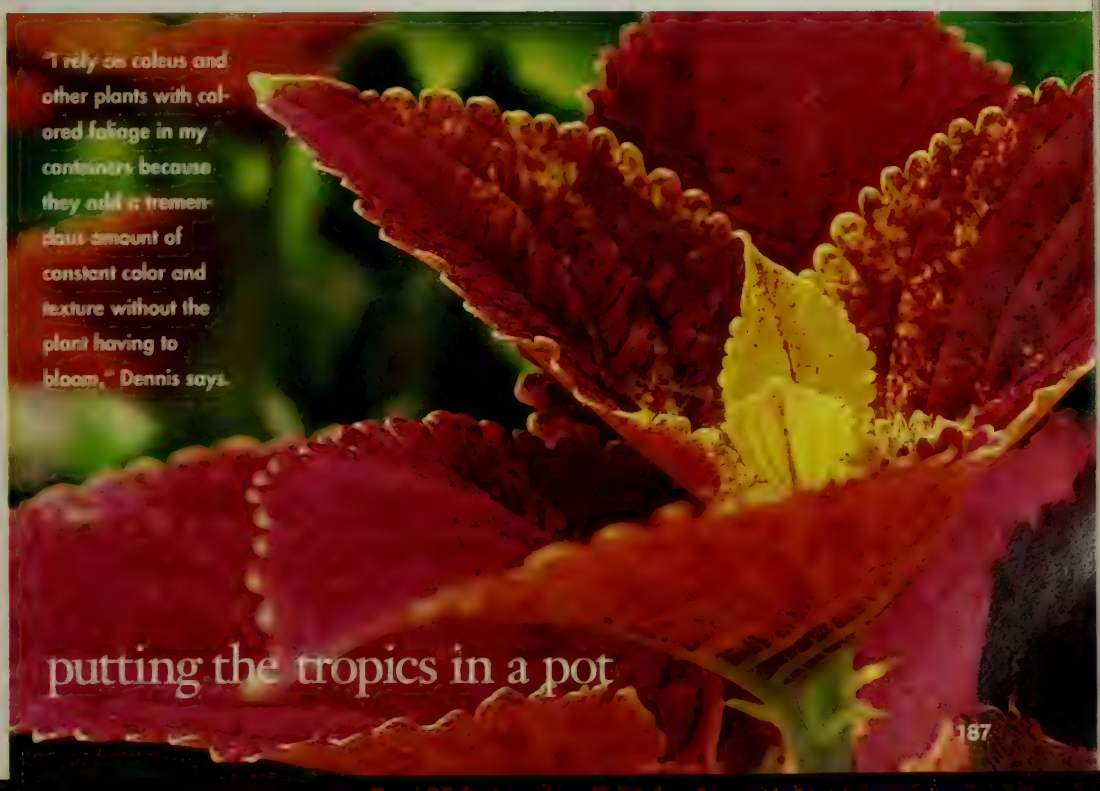
"A container garden is a living bouquet," says Dennis, "sort of a hybrid between a garden and a flower arrangement."

petal from a flower you want to use and walk around the nursery." —Dennis Schrader

These containers are clustered for greater visual impact.
1. Ipomoea Heavenly Blue. Morning glory, for color and height.
2. Coleus Shocking Pink. For color and texture.
3. Bacopa Snowflake. To trail, and to soften edges.
4. Hedera Green Needle Leaf. An ivy, which can grow up and down.
5. Tropaeoleum Apricot Trifle. Nasturtium, for color and to cascade.



Landscape designer Dennis Schrader likens designing a container garden to arranging a bouquet. "You can practice with flowers in a vase," he says. "Or you can sort of assemble the pots on a cart at the nursery to see how everything looks together." Dennis, who lives in Mattituck, New York, likes to work with tropicals because of the wondrous variety of silhouettes, colors, and textures. "I go for plants with exotic leaf shapes and forms as well as beautiful flowers." And he likes container gardening because it is so accommodating. "Plant it the way you want it to look, and then if some plants start to take over, cut them back to let something else bloom. Or, if you like the new look, leave it. And if something dies, just replant it."

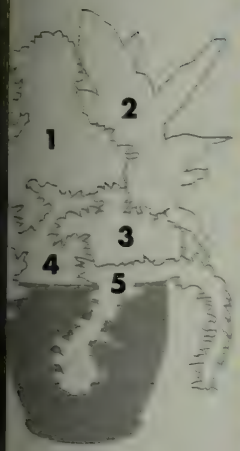


"I rely on coleus and other plants with colored foliage in my containers because they add a tremendous amount of constant color and texture without the plant having to bloom," Dennis says.

putting the tropics in a pot


"I like to make a color jump from a flowe
to a leaf. The overall effect is what we'r

putting the tropics in a pot



This doorway container was designed to have a contemporary, almost Oriental feel. The plants have an assertive color combination of warm and hot colors.

1. Abutilon pictum Victory. Flowering maple, for form.
2. Canna Pretoria. Sometimes called Bengal Tiger, for height, bold color.
3. Pelargonium Vancouver Centennial. A mid-tone that acts as transition.
4. Alternanthera dentata Rubinginosa. Bloodleaf, for color.
5. Solanum jasminoides album variegatum. Variegated potato vine, to trail.



Says Dennis, "Canna Pretoria is one of my favorite plants—well, one of the top 300—because the foliage is so bold, and it works so well with a lot of other plant material."

going for, how all the little things add up."



The City of Portland canna has pastel coral pink flowers, not the screaming colors of so many others. The Amazon celosia is a fairly new one, a spiked form that branches well. Its foliage is dark green with bronze highlights.

"The container garden is always changin
like a garden, but you want it to
always have a very colorful, intense impac



This arrangement announces the entry point to a backyard garden.

1. **Canna City of Portland.** For height and color.
2. **Celosia spicata Amazon.** For height and its spiky form.
3. **Tagetes erecta French Vanilla.** A fragrant marigold.
4. **Lantana Pink Caprice.** Color that bounces like a spring.
5. **Brachycome.** Swan River daisy.
6. **Hedera canariensis.** Variegated Algerian ivy.

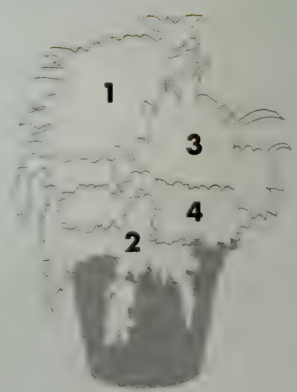
ke a flower arrangement."

putting the tropics in a pot

putting the tropics in a pot

The sun on this front porch really lights up this container garden.

1. Coleus Aurora. An unusually tall coleus, for height.
2. Fuchsia Swanley Yellow. Yellow? Actually it's creamy pink and red. "I like the elegant way the 5-inch-long flowers droop and dangle," Dennis says.
3. Sword fern. For background and vertical accent.
4. Begonia tuberosa Mini Orange (*left*). For color and intensity. It echoes the warm colors of the coleus as well.



Buying information, page 95

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the New American Style







by Joseph Boehm and Sharon Overton

Like the best new cooking, the freshest decorating this season blends a variety of tastes and cultural influences—some exotic, some comfortably familiar. We've picked four distinctive looks and broken them down into simple design "recipes." Find one that suits your palate, or sample from a variety of styles—and stylish details—to create your own decorating menu.

Buying information, page 95

Comfort Food

Casual decorating should be soothing to the body and soul. But too often it's like a bland meat-and-potatoes meal, satisfying our hunger for comfort and function but leaving us craving style. The best new casual looks combine down-home ease with big-city sophistication. Here are the key ingredients:

• Softly tailored upholstery. Some of the sloppy slipcovers of years past were as flattering as baggy sweat suits. Current upholstery styles borrow elements from our weekend wardrobe—brushed denims, bomber-jacket leathers, fuzzy chenilles—but give furniture a tucked-in, casual-Friday polish.

• Mixed media. Now that consumers are more comfortable blending furniture styles and finishes within a room, manufacturers are mixing it up on a single piece. The armoire and end table (*right*) pair cherry and pine woods; the round table and coffee table blend wood and leather with metal.

• Clutter control. Put overstuffed rooms on a diet with clever storage pieces, such as the luggage-style coffee table and six-drawer end table (*right*).





Wicker adds ease to any room. But for a less porchy appearance, look for pieces that mimic upholstery shapes. The "club chair" (*right*) echoes sleek designs from the 1920s and 1930s.





Caribbean Salsa

If you've tangoed down the produce aisle lately, you've probably noticed the tropical influence. Mango, papaya, kiwi, plantain—the colors are straight off a Carmen Miranda costume. The same vivid palette is influencing home furnishings, with hues ranging from citrusy Euro-brights to pumped-up pastels. You decide how spicy to make it. But here are some tips to keep in mind:

- Start small. Unless you want to live in a state of constant visual stimulation, slip in small amounts of color by focusing on accents, such as pillows, artwork, and rugs. Keep the color quieter on larger spaces, such as the walls and big upholstery.
- Take your room's temperature. A cool combination of blues, greens, and violets (*left*) can give a space a calm, restful feeling; oranges, yellows, and reds raise the energy level considerably.
- White's always right. Large doses of white (like the sofa, *left*) give the eye a place to rest and provide contrast, making bright colors appear crisper.

Not ready for a full-scale color commitment? For a quick, inexpensive fix, pile citrus fruits in a glass bowl or pick a bunch of colorful gerbera daisies (*below*).





Sheer curtains are another way to create a light-and-breezy look. To give panels substance and to tie them in with your decor, buy an extra twin sheet and use it to band the bottoms of curtains.

Catch of the Day

Fax machines, car pools, call waiting. It's no wonder we're having a collective escape fantasy. Even if you can't run off to your own deserted island, you can bring that no-worry attitude home with you. The essential ingredients include furnishings and fabrics with a breezy, sun-blushed quality—the kind of stuff you'd expect to see at a beachy inn. Here's how to pull it together:

• Travel light. Don't burden your rooms with excess baggage. Bring only the essentials on this decorating getaway: a cozy bed, an armoire or chest to stow clothing and clutter, a convenient bedside table to hold personal treasures, and a pile of books.

• Wear it down. Look for furniture—old or new—with an aged appearance. Whitewashed wood, even obvious brush strokes on painted pieces, make a room look assembled over time.

• Loosen up. Banish stiff "wallflower" arrangements by easing furniture away from the walls or placing it on the diagonal, such as the armoire (*right*). What have you got to lose? You can always move it back later.



Far East Fusion

Check out the latest restaurant listings. Chances are you'll find a few that mix Asian-style cooking with something else, say, Cuban or Tex-Mex. The same thing is happening in home decor, largely in response to our desire for simplicity and serenity in our homes. In the dining room (*right*), blue-and-white porcelain, a stenciled fretwork border, and a sisal rug give French-influenced furniture an Eastern accent.

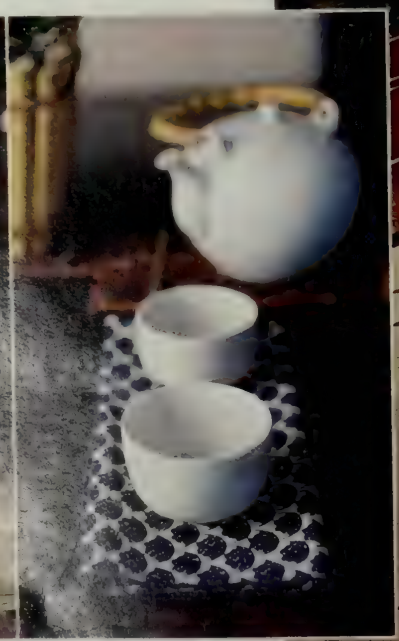
Here are some ideas for updating tradition with a touch of the Far East:

- Simplify. Highlight one or two collections instead of many; display only what is meaningful and beautiful. Keep patterns to a minimum as well.
- Go natural. Think of the surfaces and textures found in a Japanese garden—bamboo, stone, wood, straw—and try to weave these into your decor.
- Be serene. A cluster of flickering candles or a fresh orchid floating in a bowl of water can bring a sense of harmony and calm to a room.

Clean lines and minimal ornamentation give the French-style dining chair (*below left*) a Zen-like grace. Order is evident even in the simple tea setting (*below right*).

PHOTOGRAPH WILLIAM HOPKINS







Side Dishes

You don't have to redo a whole room to bring some fresh ideas into your decorating. Here are a few of the details that give the four looks on the previous pages their special appeal. Try adapting any of these ideas to create your own personal style.



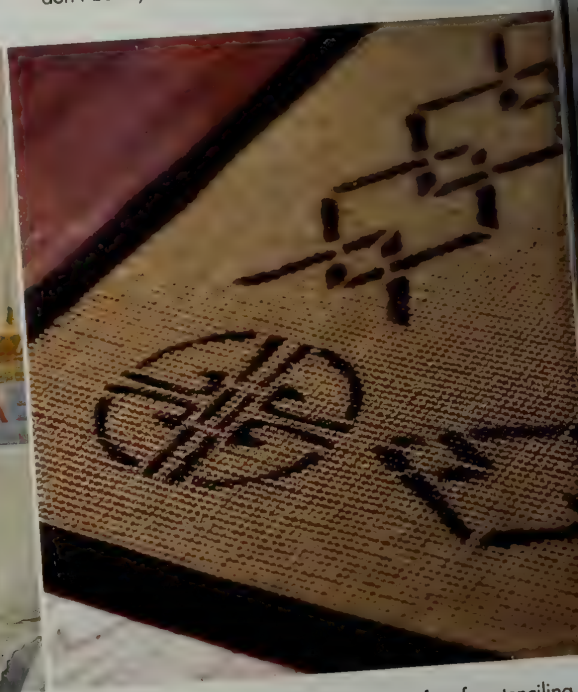
An old postcard wedged between layers of glass is both modern and nostalgic. Buy readymade frames with glass backing. Or, adapt existing frames by replacing the solid backing with a second piece of glass.



Painting a piece of flea-market or unfinished furniture is a relatively inexpensive way to give a room a bold shot of color. Pull the color scheme from your room's fabrics. And don't be shy. You can always repaint it later.



Shutters are essential to beach-house style. To get the look without redoing your windows, hinge together odd-sized shutters to make a folding screen. These came prepainted. To instantly "weather" them, sand off the paint in spots.



A sisal rug's absorbent surface is perfect for stenciling. Use readymade stencils or make your own by tracing and enlarging designs in art and decorating books. This pat tern was inspired by Chinese fretwork.

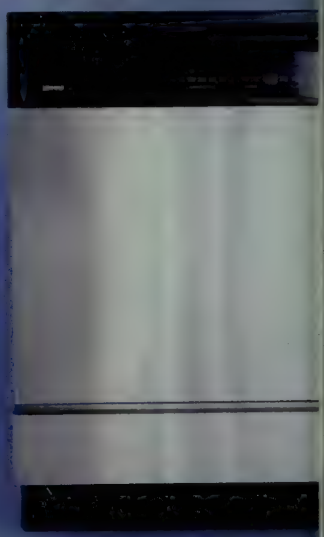
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There's never a dull moment at the Broder household in Nashville, Tennessee. And its kitchen (*left*) keeps up beautifully—with smart features such as a people-friendly floor plan and durable finishes.

kitchens

by William L. Nolan

Slam! "Mom, we're home!" Schoolbooks plop on the table. "Hurry, we're late for swimming." Mad dash to the car. Home again, start the burgers. Look at the clock! After dinner, the dishwasher churns. "Did anyone feed the dog?"

Kitchens see heavy action these days, because they aren't just cook spaces anymore; they're the pivot points of busy lives—part family room, playroom, mudroom, home office, you-name-it. And to juggle all those roles, it has to shrug off spills, head off bottlenecks, gobble up clutter, and, on occasion, put on company manners. Ordinary kitchens just can't cope, but these two high-performance upgrades take it all in stride.



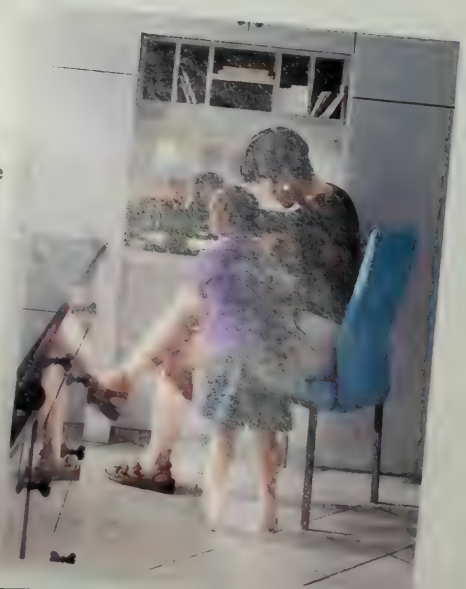


An island cooktop (*above*) anchors the new work core. Long counters on two sides make room for everyone to pitch in.

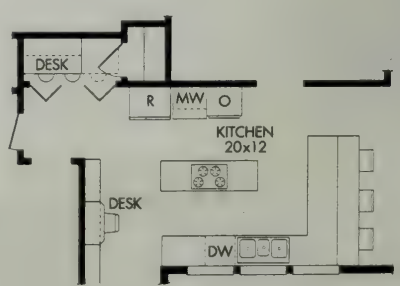
Moving the laundry to the basement opened up an alcove in the kitchen (*left*) for the kids to do crafts and art projects.

Smooth Moves

Pursuing a career and taxiing three young sons to extracurricular activities requires time efficiency—especially in the kitchen. So Sue and Eric Broder decided to trade their existing kitchen for one that's more in tune with their daily routine. By merging the kitchen with the family room, they shifted the work area away from back-door traffic. A peninsula and an island give the new work area family-style flexibility, and a crafts center keeps the kids from getting underfoot.



Ah, those precious lulls. As the soup simmers, the message center (*right*) beckons for penning a note, calling a friend, or reading the boys a story.







The kitchen annexed a three-foot-wide strip of backyard space, making room for an island cooking center. Natural cherry cabinets, clear-finished ash furnishings, and honey-hued oak flooring add "living room" warmth, yet stand up to hard use.



PHOTOGRAPHS: STEPHEN CRIDLAND ARCHITECT: JOHN HASENBURG KITCHEN DESIGNER: PAT HARTFORD. REGIONAL CONTRIBUTOR: PEGGY KEONJIAN

Two-Way Stretch

Crunching schedules is a fact of life for Portland, Oregon, pediatricians Marylee Baker and John Bauer. To help them maximize the time they spend at home with their three sons, designer Pat Hartford did some spatial surgery to revitalize their 1920s-era kitchen. She popped out the sink wall 3 feet to loosen up the work core, then pushed out the end wall 9 feet to create a bay-windowed eating area/study alcove. Now there's room for the whole family to help get meals on the table, and, thanks to the relatively compact work core, there's also space to kick back and catch up with each other's day.

Messes are contained because the sink and dishwasher are within arm's reach of the island cooktop and just a step or two from the

Weekend mornings find the Baker-Bauers cooking hotcakes on the griddle (*below*). For the boys, pouring and flipping are part of the fun. For Mom and Dad, serving meals at the breakfast bar is extra convenient.





Till they're needed in the kitchen, the boys grill each other with word games on the computer. Here, Patrick (on the *left*) and Andy look on while Eric takes a turn at the keyboard.

refrigerator. Seamless granite countertops and backsplashes make quick work of "accidents" that often accompany group cooking projects.

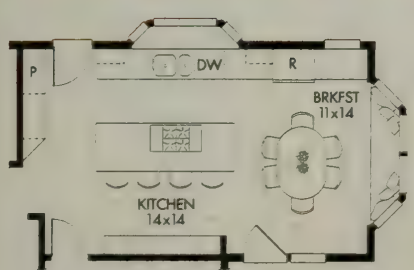
Mom and Dad are the chief cook and bottle washer ("I'm the cleanup guy," says John) but the kids gather close by and play games at the table, curl up with a comic book on the window seat, or run programs on the computer. When company comes, the games, books, and computer keyboard hide in the cabinet under the terminal.

The room's warm personality is a natural pleaser. Simple lines and rich grains in the furnishings and cabinetry pair comfortably with the sofalike window seat and polished-brass chandelier.



"Our new kitchen is much more interactive," says Marylee. Patrick turns that to advantage by luring Mom away from lunchtime preparations to show her his latest coloring project.

Adding a breakfast space (*above*) doubled the size of the family's original kitchen (see plan, *right*). A pair of big bay windows makes the room seem even larger.







Two double-door pantries (*above*) line one wall facing the work core, just inside the back door. Wire racks inside one of the pantries make it easy to grab items that get used often.

Every cubic inch helps keep the family on track. Brooms, mops, and aprons share a tall cubby next to the pantry (*right*); big serving pieces stow in pullout racks over the refrigerator (*below*).





Recycling is one household duty the boys handle mostly on their own, thanks to the deep pullout bins in the pantry wall (*above*). One bin is for bottles and cans; the others hold newspapers, magazines, and cardboard. The bins, directly opposite the work core and right next to the back door, can be carted out without being dragged through the rest of the room.

Buying information, page 112

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Apple / Pear Cobbler

1 can (20 ounces) apple pie filling
1 can (16 ounces) sliced pears, drained
1/3 cup dried cranberries
2/3 cup orange juice
2 teaspoons cornstarch
1/2 teaspoon nutmeg
1 1/2 cups reduced-fat buttermilk baking mix
2/3 cup 2% milk
2 Tablespoons sugar
2 Tablespoons melted butter or margarine
2 teaspoons sugar mixed with 1/4 teaspoon nutmeg, for topping

Heat oven to 400 degrees. In 8-inch square baking dish, combine pie filling, pears and cranberries. In measuring cup, mix orange juice with cornstarch and nutmeg; pour into baking dish. Gently mix to blend thoroughly. In bowl, mix baking mix, milk, sugar and butter just to blend; spoon onto fruit in 6 equal portions, spacing slightly apart. Sprinkle with sugar and nutmeg mixture. Bake in center of oven about 45 minutes until fruit is bubbly and biscuit topping is cooked through. Part of the way through baking, lay a sheet of aluminum foil on top to prevent over-browning, if needed. Serve warm or at room temperature. Accompany with vanilla ice cream or frozen yogurt, if desired. Serves 6.

Let's not get carried away. While nibbling a delicious gourmet dessert like this apple and pear cobbler from canned goods is a brilliant idea, we doubt it will start any bold new trends in the kitchen gadget industry. All we've really done is taken the nutritional value and convenience of canned fruit and created a contemporary, elegant treat that's sure to impress. On second thought, maybe we should get carried away.

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Spring Herb Rice
Recipe begins on page 225

Plus
Readers' Prizewinning Recipes:
Spring Vegetables and
Asian Favorites page 249



rice

White is nice, but there's a rainbow of rice

by Richard Swearinger

Rice is a most agreeable kitchen companion, cooperating contentedly in simple dishes, but equally eager to embark on the most alluring culinary adventures. Let rice be your guide as you explore a sampling of the best recipes the world has to offer, a trip that includes favorites from right here at home.


Recipes begin on page 225

Tap into taste: Sugar melted and slowly coaxed to a golden brown forms a crackly, crunchy top for the smooth, rich taste of Caramel Rice Pudding (*left*).

Can't get enough rice? Use rice paper wrappers in place of tortillas and fill them with a spicy mix of rice and vegetables. The result: Curry Burritos (*left*).

choices awaiting you in markets.

Learn why crawfish is so beloved in parts of the South when you serve it in a spicy—but not too hot—blend of celery, peppers, and garlic. This Crawfish with Savannah Rice also eliminates the fear of rice sticking to the bottom of the pan; instead of simmering on a stove, the rice is baked to fork-tender perfection.



Wild and brown rices are paired with Spinach-Mushroom Wontons in hearty, but low-fat, Thai Rice Mushroom Soup (*left*).

When spices fan

Seven-Spice Pilaf (*right*) gives a Middle Eastern twist to rice with a combination of cinnamon, cardamom, coriander, cumin, paprika, and nutmeg. To entice finicky palates, we've added familiar elements, such as spinach, almonds, and raisins.

Recipes begin on page 229



culinary flames, think of rice as a firebreak.

Rice easily sheds its supporting rol



Vivid, sweet carrots and the congenial bite of basil put the friendly factor into Garden Risotto (*left*).



to star in one-dish meals.

Rice with Chicken and Sour Cherries (*left*) boasts a delightfully crisp top layer while the filling of chicken, herbs, and cherries stays succulently moist. The dish is drizzled with saffron, a delicate spice harvested by hand from the heart of the crocus flower.

Beef and Garlic Rice (*below*) is a no-nonsense dish just right for weekend meals. The ingredients are as modest as they come: beef chuck oven-braised with onions, Worcestershire, and marjoram, served on rice mixed with mellow, slow-roasted garlic.

Recipes begin on page 234





Pure flavors: Tangy rice is served in crisp vegetable "bowls" in these whimsical Vegetable Appetizers (*left*). Adding fun and flavor are sauces that cover both ends of the taste spectrum: The first packs a one-two punch of soy sauce and Japanese horseradish (also known as wasabi). The second is a sweetly soothing mix of plum sauce, honey, soy, and ginger.

Recipes begin on page 236
Buying information, page

Celebrate spring with Rice Primavera (*right*). Jasmine rice adds its subtle popcorn fragrance to a mix of the finest of the season's vegetables, such as sugar snap pea pods and asparagus. A light lemon dressing tops the colorful duo.



Rice finds its perfect partner in crisp vegetables.

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Herb-Roasted Potatoes Poupon

1/3 cup Grey Poupon Dijon Mustard
2 tablespoons olive oil
1 clove garlic, chopped
1/2 teaspoon Italian seasoning
6 medium red skin potatoes (about 2 pounds), cut into chunks

Mix all ingredients except potatoes in small bowl. **Place** potatoes in lightly greased 13x9x2-inch baking pan or on shallow baking sheet; **toss** with mustard mixture. **Bake** at 425°F for 35 to 40 minutes or until potatoes are fork tender, stirring occasionally. Makes 4 servings.



Primavera Pasta Poupon

6 tablespoons Grey Poupon Honey Mustard, divided
4 cups sliced seasonal vegetables (zucchini, yellow squash, onions, carrots, eggplant)
3 tablespoons olive oil
2 tablespoons cider vinegar
1 tablespoon chopped fresh or 1 teaspoon dried basil
8 ounces penne pasta, cooked, drained and rinsed with cold water

Brush 4 tablespoons mustard on vegetables. **Grill** or **broil** until tender. **Blend** remaining 2 tablespoons mustard, oil, vinegar and basil. **Toss** pasta, vegetables and mustard mixture until well combined. Makes 4 servings.



Apricot-Honey Chicken Poupon

1/3 cup Grey Poupon Honey Mustard
3 tablespoons apricot preserves
1 teaspoon ground ginger
4 boneless, skinless chicken breast halves (about 1 pound)

Blend mustard, apricot preserves and ginger. Brush some mustard mixture on chicken. Grill or broil chicken, brushing with mustard mixture frequently until done. Makes 4 servings.



Grey Poupon® in recipes. But of course.

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THE BH&G RICE SAMPLER

If you're planning to try the recipes in this issue but don't have easy access to some of the specialty rices called for, you've come to the right place. We've done the shopping for you with this **Rice Sampler** created especially for the readers of *Better Homes and Gardens®* magazine.

Each package contains 16 ounces of arborio rice and 8 ounces each of Minnesota pure wild rice, colusari red rice, Himalayan red rice, pure basmati rice, black japonica rice, Chinese black rice, and purple Thai rice. The varieties are pictured on *page 242*. The sampler costs $39.95, which includes shipping, handling, and applicable sales tax. This special collection of rice, from Indian Harvest Specialtifoods, isn't available in retail stores.

TO ORDER with your Visa, Mastercard, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $39.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. 9805, Box 9128, Des Moines, IA 50306-9128.

Spring Herb Rice

This recipe brings out the best in short-grain rice by cooking it quickly, keeping ingredients simple, and pairing the rice with the freshest of the season's herbs.
Start to finish: 30 minutes

- 1¾ cups water
- 1 cup short-grain rice
- 1 cup chopped onion
- 1 Tbsp. olive oil
- 1 Tbsp. margarine or butter
- 1 cup sliced celery
- 1 cup sliced fresh mushrooms
- ½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. snipped fresh herbs (such as basil, oregano, parsley, thyme, verbena, and/or lemon thyme)
- 1 tsp. snipped fresh rosemary

In a medium saucepan bring water to boiling; stir in the uncooked rice. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until the liquid is absorbed. Remove the saucepan from heat; let rice stand, covered, for 5 minutes.

Meanwhile, in a large skillet cook and stir onion in hot oil and margarine or butter over medium heat for 3 minutes. Add celery, mushrooms, salt, and pepper. Cook and stir for 1 minute more or until vegetables are tender. Remove skillet from heat. Stir in cooked rice, fresh herbs, and rosemary just until combined. Makes 6 side-dish servings.

Nutrition facts per serving: 173 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 224 mg sodium, 30 g carbo., 1 g fiber, and 3 g pro. Daily Values: 3% vit. A, 8% vit. C, 1% calcium, and 12% iron.

Caramel Rice Pudding

This pudding delivers a double delight of caramel flavor—first in the crunchy, candylike top, then in the pudding itself.
Start to finish: 40 minutes

- ½ cup arborio rice or short-grain rice
- 1 Tbsp. margarine or butter
- 3 cups milk
- ½ tsp. ground cinnamon
- 1 tsp. vanilla
- ⅓ cup caramel ice cream topping
- ¼ cup sugar
- 2 drops hot water

In a medium saucepan cook and stir uncooked rice in hot margarine or butter for 2 minutes. Carefully stir in milk and cinnamon (mixture may spatter). Bring to a low boil. Cover and cook over low heat about 30 minutes or until most of the milk is

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When drizzling caramel, work quickly and keep spoon close to the surface or caramel will harden before it reaches the pudding.

absorbed, stirring occasionally. (Mixture may appear curdled.) Remove saucepan from heat. Stir in vanilla. Swirl in caramel ice cream topping. Transfer to four individual serving bowls. Keep warm.

In a small saucepan heat the ¼ cup sugar over medium-high heat until sugar begins to melt, shaking saucepan occasionally to heat sugar evenly. Do not stir until sugar begins to melt. Reduce heat and cook for 3 to 5 minutes more or until sugar is melted and golden in color. Remove pan from heat. Stir in the 2 drops hot water. Quickly drizzle topping over each serving of rice pudding (see photo, *above*). Makes 4 servings.

Nutrition facts per serving: 325 cal., 7 g total fat (3 g sat. fat), 14 mg chol., 220 mg sodium, 59 g carbo., 0 g fiber, and 8 g pro. Daily Values: 14% vit. A, 3% vit. C, 20% calcium, and 8% iron.

Curry Burritos

You can find curry paste and rice-paper wrappers at most Asian markets.

Prep: 45 minutes Cook: 5 minutes

- 1 small onion, chopped (⅓ cup)
- 2 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 1 cup reduced-sodium chicken broth or purchased coconut milk
- 2 Tbsp. all-purpose flour
- 1 to 1½ tsp. Thai red-curry paste
- ¾ cup cooked purple Thai rice*
- ¾ cup cooked long-grain rice**
- ¼ cup chopped peanuts
- 8 8-inch round rice-paper wrappers
- 1 medium carrot, cut into thin bite-sized strips
- ½ cup snow pea pods, cut into thin strips, or quartered sugar snap pea pods
- ½ small summer squash or zucchini, cut into thin bite-sized strips, or one whole baby pattypan squash, cut into thin, bite-sized wedges
- Nonstick spray coating
- Slivered snow pea pods (optional)
- Plain low-fat yogurt (optional)
- Chutney (optional)

In a small saucepan cook onion and garlic in hot margarine or butter over medium heat for 3 minutes or until onion is tender.

In a small bowl whisk chicken broth or coconut milk into flour and curry paste. Stir into the onion mixture. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Reserve ⅔ cup of the sauce to serve with the burritos.

In a medium bowl combine cooked rices and peanuts. Stir remaining sauce into the rice mixture. Set aside.

Carefully dip each rice paper quickly in water and place between paper towels or clean cotton dish towels. Let stand 10 minutes.

Meanwhile, in a large skillet cook the carrot, pea pod strips, and squash in a small amount of boiling water, covered, about 3 minutes or until crisp-tender. Drain and set aside.

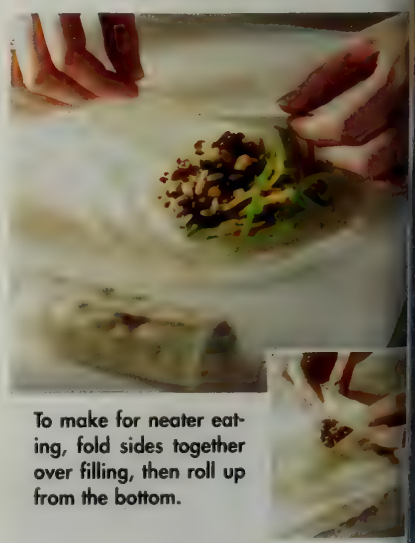
To assemble each burrito, remove 1 rice paper from between the towels. Place 2 tablespoons cooked vegetable mixture on rice paper about 1 inch from the edge (see photo, *right*). Spoon 2 to 3 tablespoons of the rice mixture next to the vegetables, still leaving 1 inch of space at the edge of the rice paper. Fold two sides of rice paper over vegetables and the rice mixture. Roll up from the bottom to encase filling.

Spray a steamer rack with nonstick coating. In a large deep skillet bring ½ inch of water to boiling. Place rolls on rack. Place rack in skillet. Cover and steam for 5 minutes. To serve cut each roll in half diagonally and serve on bed of thinly slivered pea pods, if desired. Serve with reserved curry sauce, and if desired, yogurt and/or chutney. Makes 8 appetizer or side-dish servings.

To make ahead: If desired, prepare the burritos up to 8 hours before serving. Place on a plate sprayed with nonstick spray coating; cover and refrigerate. Remove from the refrigerator about 30 minutes before serving and follow the steaming directions above.

*If desired, substitute ¾ cup cooked long-grain rice for the purple Thai rice. If using two colors of rice, cook each separately or the colored rice will tint the long-grain white rice.

**To make ¾ cup cooked purple or long-grain white rice, bring 1 cup of water to a boil and slowly add ⅓ cup of uncooked rice. Return to boiling; reduce heat to medium-low. Rice should be barely simmering.



To make for neater eating, fold sides together over filling, then roll up from the bottom.

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*Kikkoman Lite Soy Sauce contains 50% less sodium (605 mg. per serving) than the average of the top three national brands of regular soy sauce (1218 mg. per serving). ©1998 Kikkoman International

Rice

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For white rice, simmer, covered, about 15 minutes. Remove pan from heat; let stand, covered, for 5 minutes.

For purple rice, simmer, covered, about 25 minutes. Remove from heat; let stand, covered, for 10 minutes.

Nutrition facts per burrito: 164 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 260 mg sodium, 27 g carbo., 1 g fiber, and 5 g pro. Daily Values: 22% vit. A, 5% vit. C, 1% calcium, and 6% iron.

Crawfish with Savannah Rice

From the South, where nearly 80 percent of America's rice is grown, comes this combination of two regional favorites: rich, tomato-infused rice from Savannah, Georgia, and Crawfish étouffée from Louisiana.
Start to finish: 55 minutes

- 1 lb. frozen peeled, cooked crawfish tails, or fresh or frozen shrimp in shells
- 4 slices bacon
- 1 medium onion, chopped (½ cup)
- 1½ cups water
- 2 Tbsp. tomato paste
- 1 tsp. sugar
- ¼ tsp. salt
- ¾ cup long-grain rice
- ½ cup chopped celery
- ½ cup chopped green and/or sweet red pepper
- 2 cloves garlic, minced
- 1 cup cold water
- 1 Tbsp. cornstarch
- ¼ to ½ tsp. ground red pepper
- ⅛ to ¼ tsp. ground black pepper
- ⅛ tsp. salt

Preheat oven to 350°. Thaw crawfish or shrimp, if frozen. In a large skillet cook bacon over medium heat until crisp. Drain bacon on paper towels. Crumble bacon and set aside. Remove all but 1 tablespoon of bacon drippings from skillet. Reserve the remaining drippings.

Add the onion to the skillet. Cook and stir over medium heat until onion is tender. Carefully stir in the 1½ cups water, tomato paste, sugar, and the ¼ teaspoon salt. Cook and stir until heated through and tomato paste is dissolved. Remove from heat and set aside.

Spoon 3 tablespoons of the uncooked rice in each of four 6-ounce custard cups or four 8-ounce, individual soufflé cups. Place cups in a shallow baking pan. Divide the tomato-onion mixture evenly among the custard cups (there should be ½ to ⅔ cup of tomato mixture per custard cup). Cover cups with foil and bake for 40 minutes or until rice is tender, stirring once.

If using uncooked shrimp, peel and devein. Rinse shrimp; pat dry. In a 3-quart saucepan bring 4 cups water and 1 teaspoon salt to boiling. Add shrimp. Cook and stir for 1 to 3 minutes or until shrimp turn pink. Drain; set aside.

Meanwhile, in a large skillet cook celery, sweet pepper, and garlic in 1 tablespoon of the reserved bacon drippings until vegetables are tender.

In a small bowl or cup stir the 1 cup cold water into cornstarch; add red pepper, black pepper, and the ⅛ teaspoon salt. Stir into skillet along with the cooked crawfish tails or cooked shrimp and cooked bacon. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more or until heated through.

Remove rice from oven. Transfer to a wire rack. Let stand for 10 minutes. To unmold, loosen edges with a knife. Carefully invert rice mixture onto a shallow bowl or dinner plate; spoon a fourth of the crawfish mixture around mounded rice. Repeat with remaining rice and crawfish mixture. Makes four main-dish servings.

Nutrition facts per serving: 354 cal., 11 g total fat (4 g sat. fat), 168 mg chol., 506 mg sodium, 36 g carbo., 1 g fiber, and 25 g pro. Daily Values: 5% vit. A, 29% vit. C, 7% calcium, and 22% iron.

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ALL THE FLAVOR & HALF THE SODIUM.
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JOE'S GINGER SALMON

Ingredients: (4 Servings)
- 1 tablespoon + 2 teaspoons vegetable oil
- 4 salmon fillets (6 oz. each)
- 2 tablespoons brown sugar, packed
- 3 tablespoons Kikkoman Lite Soy Sauce
- 2 tablespoons dry white wine
- 2 tablespoons lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger root
- ½ teaspoon hot pepper sauce
- ¼ cup minced onion

Prep time: 7 minutes
Cook time: 10 minutes

1. Heat 1 tablespoon of oil in large skillet over high heat; add salmon. 2. Cover; reduce heat to medium-high. Cook 6 minutes, turning over halfway. 3. Remove salmon; keep warm. Drain off oil. 4. Combine next 7 ingredients. 5. Heat remaining 2 teaspoons oil in same pan. Add onion; sauté 1 minute. 6. Stir in lite soy sauce mixture; cook 1 minute to thicken glaze slightly. 7. Return salmon; cook 1 minute, turning over once.



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Rice

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Thai Rice Mushroom Soup

Mushrooms pair deliciously with all kinds of rice, as this recipe demonstrates.
Start to finish: 1 hour 15 minutes

- 1 small onion, finely chopped (⅓ cup)
- 1 Tbsp. margarine or butter
- 1 49-oz. can reduced-sodium chicken broth
- ¼ cup brown rice
- ¼ cup wild rice, rinsed
- 1 recipe Spinach Mushroom Wontons (see recipe, *below*)
- 1 medium carrot, thinly sliced (about ½ cup)
- 1 Tbsp. snipped fresh thyme, or ½ tsp. dried thyme, crushed
- Slivered pea pods (optional)
- Fresh thyme sprigs (optional)

In a large saucepan cook and stir onion in hot margarine or butter until onion is tender, about 3 minutes. Carefully add broth and bring to boiling. Add uncooked brown rice and uncooked wild rice. Return to boiling; reduce heat. Simmer, covered, for 40 minutes.

Return to boiling. Add Spinach Mushroom Wontons, carrot, and thyme to saucepan; reduce heat. Cook, uncovered, for 2 to 3 minutes or until wontons are done and carrot is crisp-tender. Season to taste. Garnish with slivered pea pods and fresh thyme, if desired. Makes 6 appetizer or side-dish servings.

Nutrition facts per serving with wontons: 195 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 946 mg sodium, 30 g carbo., 1 g fiber, and 7 g pro. Daily Values: 38% vit. A, 6% vit. C, 2% calcium, and 11% iron.

Spinach Mushroom Wontons

- 1 cup finely chopped mushrooms (such as button, crimini, shiitake, chanterelle, oyster, and/or porcini)
- 1 cup fresh baby spinach leaves or chopped spinach leaves
- 2 Tbsp. sliced green onion
- 1 Tbsp. margarine or butter
- 2 tsp. cornstarch
- ½ tsp. snipped fresh thyme or ¼ tsp. dried thyme
- ¼ tsp. salt
- ¼ tsp. pepper
- 18 4-inch wonton wrappers



To form wontons, moisten tips of wrappers, bring together, and press to seal.

In a large skillet cook and stir mushrooms, spinach leaves, and sliced green onion in hot margarine or butter for 3 minutes or until liquid is almost gone. Stir in cornstarch, thyme, salt, and pepper. Set aside. Brush edges of each wrapper with water. Spoon 1 scant teaspoon of filling onto center of wonton wrapper. Fold in half diagonally to form triangle, gently pressing sides together to seal in filling. If desired, bring the two opposite corners together, overlapping slightly in center. Moisten edges and pinch together. Cover filled wontons with plastic wrap until ready to cook.

Seven-Spice Rice Pilaf

The flavors of spinach, almonds, onions, and raisins are enhanced by a spice mixture called "baharat" from the Middle East country of Oman.
Prep: 10 minutes Cook: 20 minutes

- 1 small onion, chopped (⅓ cup)
- 1 Tbsp. cooking oil or olive oil
- 1 cup long-grain rice
- ½ tsp. ground cardamom
- ½ tsp. paprika
- ¼ tsp. ground coriander
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cumin
- ¼ tsp. ground black pepper
- ⅛ tsp. ground nutmeg
- 1 14½-oz. can vegetable broth (1¾ cups)
- ¼ cup water
- 1 cup chopped fresh spinach
- ¼ cup golden raisins
- ¼ cup sliced almonds
- ¼ to ½ tsp. rose water (optional)
- Small fresh spinach leaves (optional)

In a medium saucepan cook onion in hot oil until tender, but not brown. Stir in uncooked rice, cardamom, paprika, coriander, cinnamon, cumin, pepper, and nutmeg. Cook and stir over medium heat about 5 minutes or until rice is golden. Add vegetable broth and water. Bring to boiling; reduce heat. Cover and simmer for 15 minutes.

Remove from heat; let stand, covered, for 5 minutes. Stir in chopped spinach, golden raisins, and almonds. Sprinkle with rose water, if desired. Garnish with small fresh spinach leaves, if desired. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 290 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 437 mg sodium, 51 g carbo., 2 g

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RICE COOKING BASICS

There's no trick to making good rice time after time; it's a matter of measuring carefully and paying attention to timing.

- To make white rice, bring 2 cups of water to boiling. Slowly stir in 1 cup uncooked long-grain white rice. Return to boiling. Reduce heat to medium-low. (Rice should be barely simmering.) Simmer, covered, 15 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 5 minutes. Makes 3 cups of rice.
- To make brown rice, bring 2 cups of water to boiling and add 1 cup uncooked brown rice. Return to boiling. Reduce heat to medium-low. (Rice should be barely simmering.) Simmer, covered, about 35 minutes. Remove from heat; let stand, covered, for 5 minutes. Makes 3 cups rice.

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Rice

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fiber, 6 g pro. Daily Values: 11% vit. A, 8% vit. C, 5% calcium, 22% iron.

Rice with Chicken and Sour Cherries

Short- and medium-grain rices, which are stickier than long grain, create just the right texture to showcase the sweet-tart mixture of cherries and chicken.
Prep: 25 minutes Cook: 15 minutes

- 2⅔ cups water
- 1⅓ cups short- or medium-grain white rice
- ½ tsp. salt
- 12 oz. skinless, boneless chicken breasts or thighs, cut into ½-inch cubes
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 small onion, finely chopped (⅓ cup)
- 1 Tbsp. cooking oil or olive oil
- 2 Tbsp. margarine or butter
- 1⅓ cups dried tart cherries
- 1 Tbsp. sugar
- ¼ tsp. ground saffron or turmeric
- 2 Tbsp. hot water
- 2 Tbsp. chopped pistachios and/or slivered almonds
- Fresh chive sprigs (optional)
- Snipped dried tart cherries (optional)

In a medium saucepan bring water, uncooked rice, and the ½ teaspoon salt to boiling; reduce heat. Cover and simmer for 15 minutes. Remove from heat; let stand, covered, for 5 minutes.

Meanwhile, sprinkle chicken with the salt and pepper. In a large nonstick skillet cook onion in hot oil until tender. Add chicken and cook for 4 to 5 minutes or until no pink remains. Transfer chicken and onion to a bowl; set aside.

WHAT TO DO WITH LEFTOVER RICE

To save time later, cook extra rice and save it. Simply store cooked rice in an airtight container in the refrigerator up to 1 week or in the freezer for up to 6 months.

To reheat chilled or frozen rice, in a saucepan add 2 tablespoons water or broth for each cup of rice. Cover and heat on top of the range about 5 minutes or until the rice is heated through.

In the same skillet melt the margarine or butter over medium heat. Press half of the cooked rice evenly in skillet using the back of a greased spoon. Cook, uncovered, without stirring, for 8 minutes or until brown and crispy on bottom.

Meanwhile, add remaining cooked rice, the 1⅓ cups cherries, and the sugar to the chicken mixture; toss to combine. Spread mixture over top of the rice. Dissolve saffron or turmeric in hot water; drizzle the

saffron or turmeric mixture over top. Cover and cook for 5 minutes or until heated through.

Carefully invert onto a serving platter. Sprinkle nuts on top before serving. Garnish with chives and additional tart cherries, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: 571 cal., 14 g total fat (3 g sat. fat), 45 mg chol., 516 mg sodium, 86 g carbo., 3 g fiber, and 23 g pro. Daily Values: 31% vit. A, 1% vit. C, 3% calcium, and 22% iron.

Garden Risotto

Long, slow cooking is the key to producing the creamy results in this classic Italian dish.
Start to finish: 30 minutes

- 1 cup arborio rice or medium-grain white rice
- 2 Tbsp. olive oil or cooking oil
- 2 cloves garlic, minced
- 3¼ to 3½ cups reduced-sodium chicken broth or vegetable broth
- 1 cup shredded carrot
- ¼ cup thinly sliced green onion
- ¼ to ½ cup shredded Parmesan or Romano cheese
- 2 Tbsp. snipped fresh basil
- Thin carrot curls (optional)
- Basil leaves (optional)

In a large saucepan cook and stir uncooked rice in hot oil over medium heat for 5 minutes. Add garlic; cook and stir 1 minute more.

Meanwhile, in a medium saucepan, bring broth to boiling; reduce heat and simmer.

Slowly add 1 cup of the broth to rice mixture (be careful of spattering, because broth will steam up when it hits the hot pan); stir constantly. Cook and stir over medium heat until broth is absorbed (about 5 minutes).

Add 2 more cups of broth, ½ cup at a time, stirring constantly until broth is absorbed. Stir in remaining broth, shredded carrot, and green onion. Cook and stir until rice is creamy and just tender. Stir in cheese and snipped basil.

If desired, garnish with the carrot curls and basil leaves. Makes 4 side-dish servings.

Nutrition facts per serving: 289 cal., 10 g total fat (1 g sat. fat), 5 mg chol., 611 mg sodium, 42 g carbo., 1 g fiber, and 8 g pro. Daily Values: 79% vit. A, 6% vit. C, 7% calcium, and 14% iron.

Beef and Garlic Rice

This homey, hearty combination is bound to become a family favorite.
Prep: 25 minutes Cook: 1½ hours

- 1 small bulb garlic*
- 2 tsp. olive oil*

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Rice

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- 1¼ lb. boneless beef chuck roast, trimmed of fat and cut into ¾-inch cubes
- 1 Tbsp. cooking oil
- 1 14½-oz. can beef broth (1¾ cups)
- ½ cup water
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. snipped fresh marjoram or 1 tsp. dried marjoram, crushed
- 3 small onions, cut into wedges
- 2 cups water
- 1 cup long-grain rice
- ¼ tsp. salt
- 2 to 3 Tbsp. snipped chives, cut into 1-inch pieces
- ¼ cup cold water
- 2 Tbsp. cornstarch
- 2 Tbsp. balsamic vinegar or red wine vinegar

Remove papery outer layers from garlic bulb. Cut off about ¼ inch from top of bulb, leaving the bulb intact but exposing the individual cloves. Place garlic in center of a 12-inch square of foil. Drizzle garlic with olive oil. Seal foil around garlic; set aside.

Preheat oven to 325°. In an ovenproof Dutch oven brown half the meat in hot cooking oil. Remove meat with slotted spoon; brown the remaining meat. Drain off excess fat. Return all meat to pot. Stir in the beef broth, the ½ cup water, the Worcestershire sauce, and dried marjoram, if using.

Cover and bake along with wrapped garlic for 35 minutes. Remove garlic from oven and add onion wedges to meat in pot. Cover and cook about 55 minutes longer or until meat is just tender.

After meat has baked about 1 hour, prepare rice. Squeeze garlic from half of the roasted cloves into a medium saucepan; stir in the 2 cups water, the uncooked rice, and the salt. (Refrigerate remaining roasted garlic, covered, for another use; see note, *below*.) Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Stir in chives (and bottled garlic, if using).

Remove meat from oven. In a small bowl or cup, stir the ¼ cup cold water into cornstarch; add vinegar and mix until well combined. Add to beef along with fresh marjoram, if using. Cook and stir over medium-high heat until thickened and bubbly. Cook and stir for 2 minutes more. Serve with garlic rice. Makes 4 main-dish servings.

*If desired, substitute 1 to 2 tablespoons bottled roasted minced garlic for the garlic bulb and olive oil. Add bottled garlic to rice along with the chives.

Note: Any leftover roasted garlic can be wrapped and refrigerated for a few days and used as a spread on toasted French bread slices, added to mashed potatoes or a salad dressing, or tossed with roasted vegetables.

Nutrition facts per serving: 512 cal., 16 g total fat (5 g sat. fat), 103 mg chol., 583 mg sodium, 49 g carbo., 1 g fiber, and 39 g pro. Daily Values: 0% vit. A, 21% vit. C, 5% calcium, and 46% iron.

Vegetable Appetizers

Crisp vegetables serve as tiny containers for the flavored rice in this fresh spin on sushi. The wasabi used in the sauce is available as either a powder or paste in Asian markets or large supermarkets.
Prep: 25 minutes Cook: 20 minutes

- 1 recipe Vegetable Bowls (see recipe, *page 238*)
- ½ cup short-grain rice
- 1 cup cold water
- 2 Tbsp. rice vinegar or white wine vinegar
- ¼ tsp. salt
- ¼ cup finely shredded carrot
- 1 Tbsp. sugar
- 1 Tbsp. sake or dry sherry (optional)
- 1 recipe Wasabi Sauce (see recipe, page *238*)
- 1 recipe Honey-Ginger Sauce (see recipe, page *238*)
- 2 Tbsp. toasted white and/or black sesame seed

Prepare the Vegetable Bowls (see directions, *page 238*); set aside. (Vegetables may be prepared, covered, and chilled up to 6 hours.)

Wash uncooked rice under cold running water, rubbing grains together with fingers, for 1 minute or until water runs clear. Drain.

In a medium saucepan combine rinsed, uncooked rice, the 1 cup cold water, vinegar, and salt. Bring to boiling; reduce heat. Cover with a tight-fitting lid. Simmer for 15 minutes. (Rice should be sticky.) Remove from heat; stir in carrot, sugar, and

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EASY-TO-COOK RICES

When you're scurrying to fix dinner for your hungry family, quick-cooking rices help save time in the kitchen.

For the best results, be sure to follow the manufacturer's cooking directions.

Instant and quick-cooking rice: Popular because of their short cooking times, instant and quick-cooking rices are partially or fully cooked before they're packaged.

Converted rice: Also called parboiled rice, this white rice is steamed and pressure cooked before it's packaged. This process helps to retain nutrients and keep the grains from sticking together.

Boil-in-bag rice: Partially cooked parboiled rice is packaged in a heat-proof bag. To prepare the rice, the bag is put into boiling water. It cooks faster than dry rice and holds well if the cook is busy with other parts of the meal. The grains of rice stay very separate. White and brown rices are available.

Because these rices are quicker cooking, you'll have a little extra time to jazz them up with some creative add-ins:

- Mix in hot cooked vegetables.
- Stir in your favorite seasoned salt or salt-free seasoning blend.
- Add snipped fresh herbs.
- Toss with butter and a bit of grated Parmesan or Romano cheese.
- Top with shredded cheddar cheese or one of the shredded-cheese blends from the grocery store.



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Rice

continued from page 236

sake or dry sherry, if using. Cover; cool to room temperature. (Mixture may be made ahead and chilled.)

Prepare Wasabi Sauce (see recipe, *below*) and Honey-Ginger Sauce (see recipe, *right*). Use a teaspoon that has been dipped in water to fill Vegetable Bowls with a scant 2 teaspoons of the rice mixture. Place vegetables on a serving platter. Sprinkle with toasted sesame seed and drizzle with Wasabi Sauce or Honey-Ginger Sauce. Serve with remaining sauce. (Serve within 2 hours of filling.) Makes 36 appetizers.

Vegetable Bowls: Mix and match vegetables to create 36 "bowls."

For cucumber bowls, peel and cut medium cucumbers crosswise into 1-inch pieces. Use a small melon baller or a small spoon to scoop out centers of cucumber pieces to form a cup.

For cherry tomato bowls, cut a very thin slice from the bottoms of tomatoes so they stand upright, then cut a thin slice from the tops. Use a small melon baller or a small spoon to scoop out centers of tomatoes from the top.

For romaine lettuce bowls, use the smallest romaine leaves. Rinse leaves in cold water; pat dry.

For baby zucchini bowls, cut baby zucchini in half lengthwise. If necessary, trim a thin slice from bottoms of both halves to keep zucchini upright. Use the tip of a vegetable peeler to slightly hollow out centers of zucchini halves to form "boats." Steam and chill zucchini before stuffing, if desired.

For baby pattypan squash bowls, cut pattypan in half lengthwise or crosswise. Use the tip of a vegetable peeler to hollow out centers of squash. Steam and chill squash before stuffing, if desired. Replace top of squash after stuffing.

Wasabi Sauce

- ¼ cup soy sauce
- 1 tsp. powdered wasabi (Japanese horseradish)



Use the tip of a vegetable peeler to hollow out tiny vegetables creating "bowls" for rice. A melon baller will also work well.

In a small bowl combine soy sauce and wasabi powder. Cover and chill. Makes ¼ cup.

Honey-Ginger Sauce

- ⅓ cup honey
- ¼ cup water
- 2 Tbsp. plum sauce
- 2 Tbsp. soy sauce
- 1 2-inch section fresh ginger, peeled and thinly sliced

In a small saucepan combine honey, water, plum sauce, soy sauce, and ginger. Bring just to boiling, stirring frequently. Reduce heat. Simmer, uncovered, for 15 to 20 minutes or until slightly thickened. Strain into a small bowl. Cool, cover, and chill. Makes a scant ¾ cup.

Nutrition facts per appetizer with sauce: 31 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 190 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 7% vit. C, 0% calcium, and 2% iron.

Rice Primavera

Lemon peel and juice add a subtle tang to the delicate flavor of jasmine rice. You'll find jasmine rice in larger supermarkets, some Asian and Indian groceries, as well as health food and gourmet stores. Basil oil is sold in larger groceries and gourmet stores.
Prep: 25 minutes Cook: 20 minutes

- 1⅔ cups water
- 1 cup jasmine rice
- 3 cups assorted fresh vegetables (such as sugar snap pea pods; asparagus, sliced into 1-inch pieces; red, green, or yellow sweet pepper, cut into 1-inch cubes; and/or cherry tomatoes, quartered)
- ¼ cup finely chopped red onion
- 2 tsp. cornstarch
- 1 tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- ¼ tsp. coarsely ground black pepper
- 1 cup chicken broth
- 3 to 4 Tbsp. shredded fresh basil or purple basil
- 1 Tbsp. basil oil or olive oil
- 2 Tbsp. toasted pine nuts
- Purple basil blossoms (optional)

In a medium saucepan, bring water to boiling. Stir in uncooked jasmine rice. Return to boiling; reduce heat. Simmer, covered, for 15 minutes or until liquid is absorbed and rice is tender. Meanwhile, in a large saucepan cook desired vegetables (except cherry tomatoes, if using) and red onion in a small amount of lightly salted boiling water, covered, for 2 to 3 minutes or until crisp-tender. Drain. Cover and keep warm.

In a medium saucepan stir together cornstarch, lemon peel, lemon juice, and black pepper. Stir in chicken broth. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes longer. Remove from heat. Add cooked vegetables and cherry tomatoes, if using. Toss very gently to combine.

Toss rice with shredded basil and oil. Divide rice among six individual serving bowls; make an indentation in center of each. Mound vegetable mixture into centers. Sprinkle with pine nuts. Garnish with purple basil blossoms, if desired. Serve immediately. Makes 6 side-dish servings.

Nutrition facts per serving: 188 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 138 mg sodium, 32 g carbo., 1 g fiber, and 6 g pro. Daily Values: 11% vit. A, 65% vit. C, 2% calcium, and 14% iron.

continued on page 240

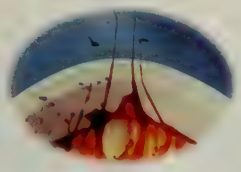


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continued from page 238

Salmon-Walnut Rice Pie

When your taste runs to classic comfort fare, try this flavor-packed combination of toasted walnuts, spinach, feta cheese, and salmon baked in a crust made with rice.
Prep: 35 minutes Bake: 45 minutes Stand: 10 minutes

- 1 cup water
- ½ cup long-grain rice
- ¼ tsp. salt
- 1 beaten egg
- 1 cup crumbled feta cheese with basil and tomato or plain feta cheese
- 1 cup milk
- 1 Tbsp. all-purpose flour
- 3 beaten eggs



This hearty Salmon-Walnut Rice Pie is flavored with an herbed feta cheese.

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- 1 8-oz. skinless, boneless raw salmon fillet, coarsely chopped
- 1 cup chopped fresh spinach
- ½ cup crumbled feta cheese with basil and tomato
- ¼ cup sliced green onions
- 1 clove garlic, minced
- ¼ tsp. salt
- ¼ cup coarsely chopped walnuts, toasted*

In a small saucepan bring water to boiling. Stir in uncooked rice and the first ¼ teaspoon salt. Return to boiling; reduce heat. Simmer, covered, for 15 minutes or until liquid is absorbed. Remove pan from heat; let stand, covered, for 5 minutes. Allow the rice to cool about 15 minutes.

While rice is cooling, preheat oven to 325°. Stir the 1 beaten egg and the 1 cup crumbled feta cheese into the cooled rice.

Using your fingers, a spatula, or the bottom of a drinking glass, press rice mixture into bottom and up sides of a greased 9-inch glass pie plate, building edges high to keep filling from spilling over during baking (see photo, *right*) Bake crust for 10 minutes or until set.

In a medium bowl stir milk into flour until thoroughly combined. Stir in the 3 beaten eggs, the salmon, chopped spinach, the ½ cup feta cheese, the green onion, the garlic, and the remaining ¼ teaspoon salt. Pour milk mixture into the prebaked rice crust.

Bake, uncovered, for about 45 minutes or until a knife inserted near the center comes out clean. If necessary, cover the edge of the crust with foil to prevent overbrowning. Let the pie stand 10 minutes before serving. Sprinkle top of pie with walnuts. Makes 6 main-dish servings.

*To toast walnuts, spread them in a single layer in a shallow baking pan. Bake in a 350° oven for 5 to 10 minutes or till light golden brown, watching carefully and stirring once or twice to prevent burning.



Firmly pressing the rice mixture into a pie plate with the bottom of a glass helps create an even crust.

Nutrition facts per serving: 368 cal., 22 g total fat (12 g sat. fat), 208 mg chol., 982 mg sodium, 20 g carbo., 1 g fiber, and 22 g pro. Daily Values: 24% vit. A, 6% vit. C, 33% calcium, and 15% iron.

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continued from page 241

Twelve great grains



New varieties of rice are being developed around the world, creating a bonanza for home cooks who want to go beyond basic white. Specialty rices now make up 10 percent of all rice eaten in the United States. There isn't room to list even a fraction of the varieties available, but here are a dozen, including old favorites and some that may not be quite as familiar.

Follow package directions when cooking colored rices, but test them for doneness before serving: taste a fork full or squeeze a grain between your fingers. Either way, you shouldn't feel a hard center in the rice grain. If you do, a few more minutes on the stove may be needed.

Colored rices will often transfer their hues to the foods they're cooked with, so prepare them in a separate pan if that is a concern.

Colored Rices

1. Himalayan Red: Salmon pink when cooked, this is one of the more flavorful of the colored rices with a taste similar to wheat or nuts. Its chewy texture serves as a good counterpoint to stir-frys. Available: Asian, Indian groceries; health food and gourmet stores.

2. Chinese Black: Turns a very dark, almost indigo color after cooking with a slightly nutty flavor and a pleasant, almost floral aftertaste. Serve as a side dish as you would brown rice, or in such mixtures as stuffings and puddings. Available: Asian and Indian groceries; health food and gourmet stores.

3. Colusari Red: This chewy rice has a light nutty-popcorn-like flavor. It works well as a side dish and in salads and stuffings. Available: Indian Harvest Specialtifoods Inc. (800/294-2433).

4. Black Japonica: This rice has a chewier texture than other rices and a starchy flavor that works well as a side dish and in salads and stuffings. It combines well with other rices. Available: health food and gourmet stores; larger supermarkets.

5. Purple Thai: Also called Purple Thai Sticky Rice, this is a flavorful rice with a faintly fruity taste, though not sweet. Used for rice pudding, but also delicious in savory dishes, such as salads. Available: Asian and Indian groceries; health food and gourmet stores.

Short- and Medium-Grain Rices

6 and 7. Short-Grain: The rice to use when you prefer a stickier texture and a softer grain after cooking. It pairs well with many Asian dishes and is used in dishes such as paella and risotto. Available: larger supermarkets; gourmet stores; Italian markets.

One popular type of short-grain rice is Arborio. Grown in both America and Italy, it is sometimes labeled Risotto Rice and is most often used in the Italian rice dish called risotto. When cooked, Arborio rice produces a slightly chewy, creamy exterior that is firm to the bite. Available: supermarkets; Italian groceries; gourmet and health food stores.

Medium-grain: A slightly sticky rice that cooks up tender and plump with a neutral taste. Use it in desserts, pancakes, risotto, or paella. Available: supermarkets.

Brown Rices

8. Brown: With its nutty taste and chewy texture, this unpolished rice tastes best when paired with strong seasonings and sauces. Available: supermarkets.

9. Brown and Wild Rice mix: The strong, nutty taste of wild rice (which is actually a long-grain marsh grass native to the U.S.) is mellowed when paired with brown rice. Use it as a side dish for boldly flavored meats. Available: supermarkets.

Long-Grain Rices

10. Jasmine: This rice has a mild popcorn aroma. Grains swell lengthwise only; they don't plump up. Jasmine rice is soft and slightly sticky. Use as an accompaniment to stir-fry dishes. Available: larger supermarkets; Asian and Indian groceries; health food and gourmet stores.

11. Basmati: Like jasmine rice, this has a popcorn aroma. When cooked, its long grains separate well. This is an excellent rice to pair with stir-fry dishes and other Asian-inspired meals. Available: larger supermarkets; Asian and Indian groceries; health food and gourmet stores.

12. Long-Grain: About three-quarters of the rice consumed in America is long grain. This rice's neutral taste and firm texture make it a perfect side dish with almost anything. When cooked, grains remain separate and fluffy. Available: supermarkets.

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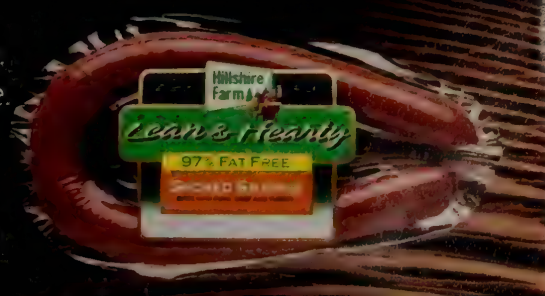
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December 1998 Categories

Easy Holiday Appetizers: Make 'em hot or cold, but make 'em full of flavor to celebrate. Create no-fuss appetizers that are special enough to be holiday hits.

Special Breakfasts and Brunches: Green eggs and ham? We don't think so. But we are looking for unique and tasty twists to wow the breakfast or brunch bunch. Perhaps it's a puff pancake with cranberry syrup or a pesto-and-olive omelette. Let's go beyond scrambled eggs.

This Month's Winners—Pages 249 and 250

$400 Winners: Diane Barnette, Reno, Nev.; Patricia Burgess, Ocean Isle Beach, N.C.

$200 Winners: Jennifer White, New London, Ohio; Jana Zell, Solvang, Calif.

$50 Honor Roll Winners: Susanna Burk, Shoreline, Wash.; Linda Carducci, Upper Marlboro, Md.; Lori Ciarrocca, Lancaster, Pa.; Diana Hart, Houston, Texas; Melanie M. Henry, Houston, Texas; Margaret Knudsen, Loretto, Minn.; Kaare Lein, Oregon, Wis.; Andrea Raisfeld, Bedford, N.Y.; Jane Shapton, Portland, Ore.; Terry Spagnola, Scottsdale, Ariz.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Easy Holiday Appetizers" or "Special Breakfasts and Brunches." Specify brands and recipe origin. 3. Address recipes to 9812 Food Department, *Better Homes and Gardens®* Magazine, Des Moines, IA 50309-3023. 4. Entries must be postmarked by May 23, 1998, and received by May 30, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

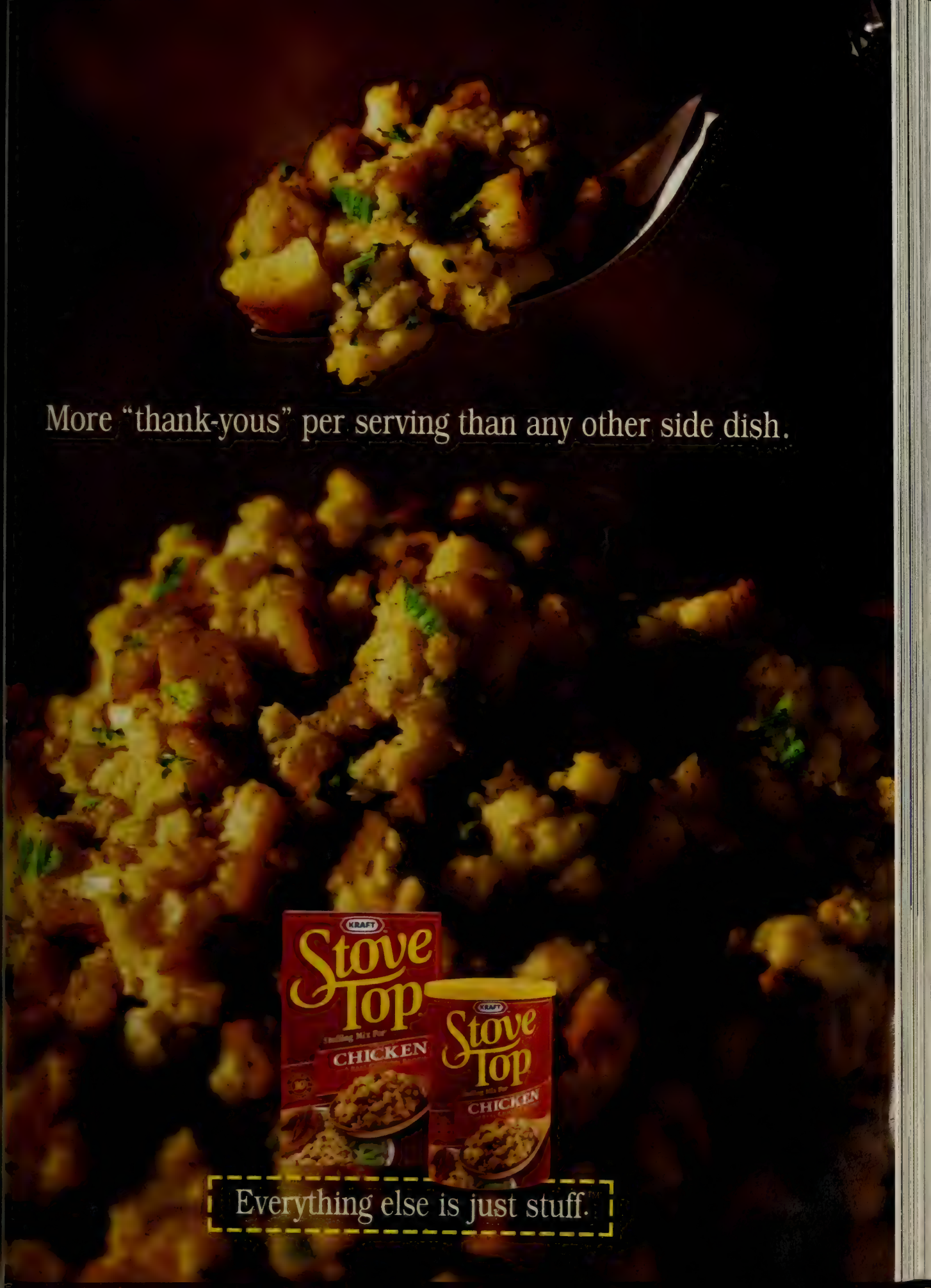
When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.


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by David Feder, Registered Dietitian

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For 2 main-dish servings:

Make bias cuts about ¾ inch apart into...
Two 6-oz. orange roughy or other fish fillets
(Do not cut completely through fish.)

Tuck into each cut...
Whole fresh basil leaves (1 or 2 per cut)

Rub fillets with...
1 garlic clove, minced
2 tsp. shredded fresh ginger

Place in steamer basket...
1 cup thinly sliced sweet peppers
8 oz. asparagus spears

Top with fish. Place basket into a large, deep saucepan or wok in which 1 inch of water is boiling. Cover; steam 6 to 8 minutes or until fish flakes easily with a fork.



Here's the nutrition scoop: 254 calories, 21 g protein, 2 g fat (0 g sat. fat), 37 mg cholesterol, 61 mg sodium, 36 g carbohydrates, and 3 g fiber. Daily Values: 15% vit. A, 77% vit. C, 3% calcium, and 9% iron.

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see page 244 for details

$400
WINNER

Diane Barnette,
Reno, Nev.,
in the Spring Vegetables
Category.
May 1998



Springtime Soup

Garden-fresh asparagus, snow peas, and spinach make this soup a triple treat.

- 1 lb. asparagus spears
- ½ cup chopped onion
- 3 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 49½-oz. can chicken broth
- ½ cup dried orzo or other tiny pasta
- 3 cups snow pea pods, ends and strings removed
- 6 cups torn fresh spinach
- ¼ tsp. pepper
- ¼ cup purchased pesto (optional)
- ¼ cup finely shredded Parmesan cheese

Snap off and discard woody bases from asparagus. If desired, scrape off scales. Bias-slice asparagus into 1-inch-long pieces. Set aside.

Meanwhile, in a 4-quart Dutch oven cook onion and garlic in hot oil until tender. Carefully add chicken broth; bring to boiling. Stir in pasta; reduce heat and boil gently for 5 minutes. Stir in asparagus and snow peas. Return soup to boiling; cook 3 minutes more. Stir in spinach and pepper; cook 1 minute more. Remove soup from heat. Ladle soup into bowls. If desired, swirl 1 to 2 teaspoons pesto into each bowl of soup. Sprinkle Parmesan cheese on top of each serving. Makes 8 side-dish servings.

Nutrition facts per serving: 133 cal., 4 g total fat (1 g sat. fat), 3 mg chol., 634 mg sodium, 15 g carbo., 3 g fiber, and 10 g pro. Daily Values: 31% vit. A, 59% vit. C, 8% calcium, and 18% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK.*

PRIZE TESTED RECIPES®

see page 244 for details

$400
WINNER

Patricia Burgess,
Ocean Isle Beach, N.C.,
in the Asian Favorites
Category.
May 1998



Thai Chicken and Nectarine Salad

A peppery-sweet dressing is the grand finale on this pasta salad standout.

- ¼ cup reduced-sodium chicken broth
- 3 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. bottled hoisin sauce
- 1 Tbsp. sugar
- 1 Tbsp. salad oil or olive oil
- 2 tsp. toasted sesame oil
- 3 cloves garlic, minced
- 1½ tsp. grated fresh ginger
- 1 tsp. crushed red pepper
- ⅛ tsp. ground black pepper
- 12 oz. skinless, boneless chicken breast halves
- 4 oz. dried angel-hair pasta
- 3 medium nectarines, plums, or peeled peaches, sliced
- 2 cups shredded bok choy
- 2 thinly sliced green onions

In a screw-top jar combine chicken broth, soy sauce, hoisin sauce, sugar, salad oil or olive oil, sesame oil, garlic, ginger, red pepper, and black pepper. Cover and shake well. Set aside.

In a 10-inch skillet cook chicken breasts in a small amount of boiling water, covered, for 12 to 15 minutes or until no longer pink. Drain; cool slightly and cut into cubes. Cook pasta according to package directions. Drain. In a large bowl toss pasta with 3 tablespoons of the dressing. Place pasta on 4 serving plates. Top with chicken, fruit, bok choy, and green onion. Drizzle with remaining dressing. Makes 4 main-dish servings.

Nutrition facts per serving: 359 cal., 9 g total fat (2 g sat. fat), 45 mg chol., 644 mg sodium, 46 g carbo., 2 g fiber, and 23 g pro. Daily Values: 17% vit. A, 29% vit. C, 4% calcium, and 15% iron.

PRIZE TESTED

see page 244 for details

$200 WINNER

Jana Zell, Solvang, Calif., in the Asian Favorites Category. May 1998



Chicken Wontons

These crisp appetizers are loaded with ground chicken and other flavorful goodies.

- 1 green onion, finely chopped
- 2 small shallots, finely chopped
- 2 Tbsp. finely chopped crystallized ginger
- 2 Tbsp. soy sauce or reduced-sodium soy sauce
- 2 Tbsp. peanut butter
- 1 Tbsp. snipped cilantro
- 1 Tbsp. honey
- 2 tsp. lime juice
- ½ tsp. crushed red pepper
- ½ lb. ground raw chicken
- ¼ cup chopped peanuts
- 22 wonton wrappers
- Oil or shortening for deep-fat frying
- Sweet-and-sour sauce (optional)

In a medium bowl combine green onion, shallots, ginger, soy sauce, peanut butter, cilantro, honey, lime juice, and red pepper. Add chicken and peanuts; mix well. For each wonton, spoon about 2 teaspoons chicken mixture onto center of each wonton wrapper. Lightly moisten edges of wrapper with water. Fold wrapper over filling to make a triangle; press to seal. Fry wontons, 3 or 4 at a time, in deep hot oil or shortening (365°) about 2 minutes or until golden and no pink remains in filling, turning once. Drain wontons on paper towels. Serve with sweet-and-sour sauce, if desired. Makes 22 wontons.

Nutrition facts per wonton: 81 cal., 5 g total fat (1 g sat. fat), 6 mg chol., 166 mg sodium, 7 g carbo., 0 g fiber, and 3 g pro. Daily Values: 1% vit. A, 0% calcium, and 3% iron.

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED

see page 244 for details

$200 WINNER

Jennifer White, New London, Ohio, in the Spring Vegetables Category. May 1998



Great Greens with Cashews

Ground cashew nuts help create a creamy dressing used as a tasty topper on this salad.

- ¾ cup lightly salted roasted cashews
- ½ cup water
- 1 small clove garlic, halved
- ¼ tsp. salt
- ⅛ tsp. onion powder
- 2 Tbsp. lemon juice
- 5 cups assorted baby greens or torn leaf lettuce
- 1 cup chopped tomato (2 small)
- ¾ cup shelled fresh peas, cooked and chilled
- 3 green onions, thinly sliced

In a blender container or food processor bowl combine ½ cup of the cashews, the water, garlic, salt, and onion powder. Cover and blend or process about 2 minutes or until mixture is smooth and creamy. (Mixture will thicken as it purees.) Stir in lemon juice. Cover and chill at least 1 hour (or up to 3 days).

In a salad bowl combine greens, tomato, peas, and green onion; Divide greens mixture among four serving plates. Sprinkle with remaining cashews. Drizzle dressing over each serving. Sprinkle with *freshly ground pepper,* if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 186 cal., 12 g total fat (2 g sat. fat), 299 mg sodium, 16 g carbo., 3 g fiber, and 7 g pro. Daily Values: 9% vit. A, 37% vit. C, 3% calcium, and 13% iron.



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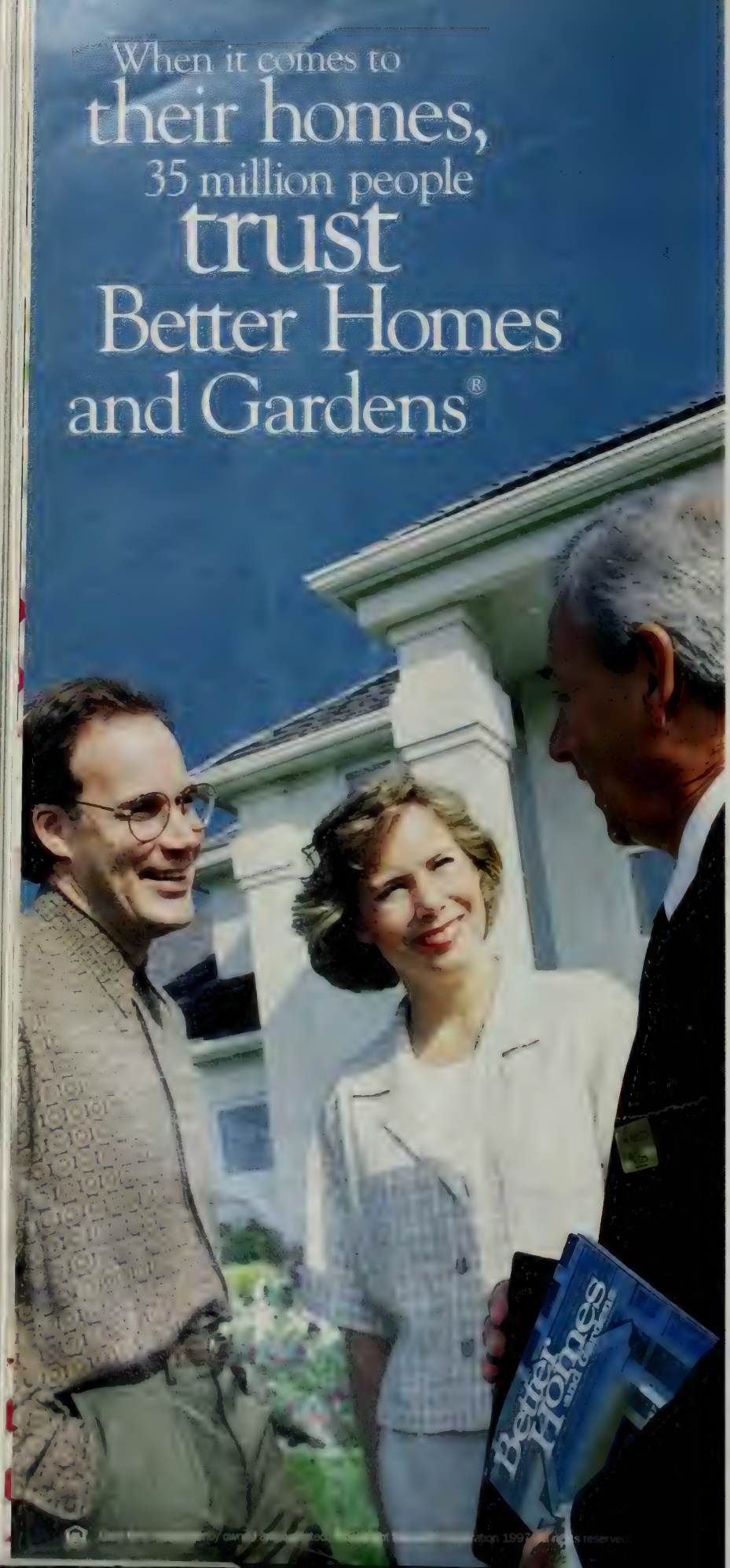


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continued on page M

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continued from page M2

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—by Wendy Williams

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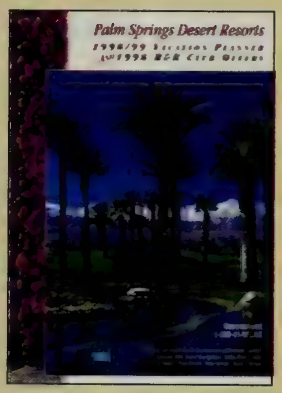
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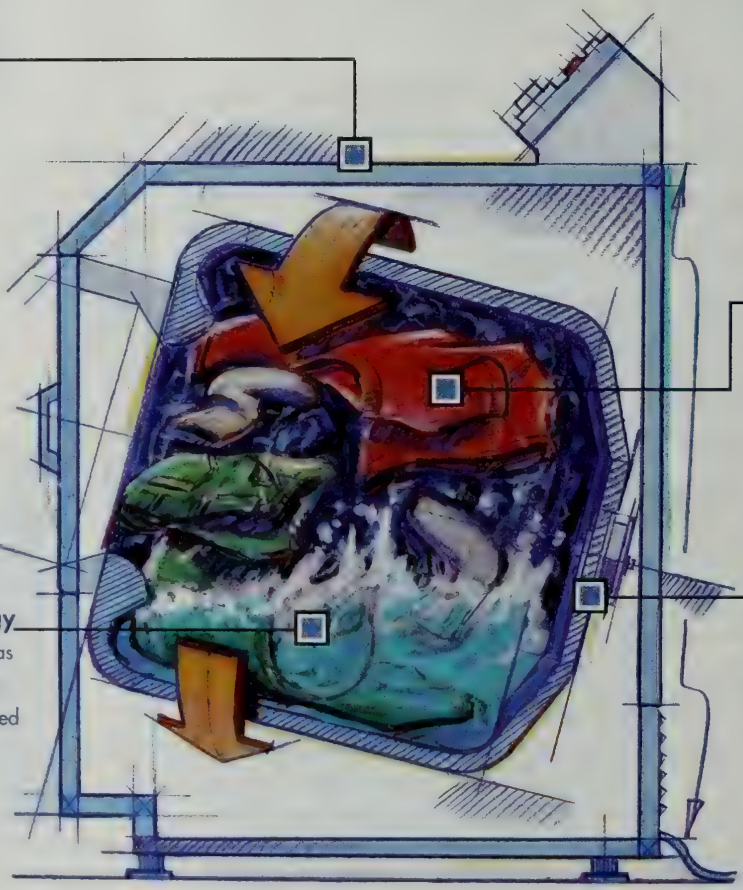
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Saves time
A high-speed spin cycle removes more water from a load of laundry so you spend less time drying them.

New front-load washing machines are making a splash. Unlike their top-loading counterparts that use agitating motions to clean clothes, these machines tumble clothes like a dryer does—but in and out of a pool of water. Major appliance makers, such as Maytag, Frigidaire, Amana, Asko, and Miele, now sell horizontal-axis washing machines in the United States. These manufacturers claim the washers offer several advantages, including:

• The tumble-action washing process gets garments cleaner and reduces the risk of damage to fabrics.

• Washing uses less water and energy; manufacturers say the average family saves about $90 a year. Conventional top-load washers use between 40 and 46 gallons of water for a single cycle. Horizontal-axis washers do the job with about half the water, or 20-23 gallons per cycle for most models. Manufacturers estimate this will save the average family as much as 9,000 gallons of water each year, more than enough to fill four home swimming pools. And because about 90 percent of the energy used in a standard top-load washer is for heating water, less water means only about one-third the energy is needed. These water and energy savings eventually pay off the washing machine's seemingly high retail price of $800 to $1,000. Manufacturers also anticipate incentives and rebates from water utilities and power companies, especially in regions where resources are scarce.

• A high-speed spin cycle removes up to 30 percent more water from your laundry than conventional washers do. This saves gas or electricity used in the drying cycle by shortening drying time.

• The front-load door allows for more flexible installation than top-loaders, including stacking with the dryer. The Maytag Neptune washer's tub is tilted at a 15-degree angle (see diagram, *above*) for better visibility and reach.

Manufacturers recommend using low-sudsing detergents formulated especially for tumble-action washers. Tide and Wisk are currently the only brands available. They cost slightly more than conventional detergents.


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design

This folding floor screen can hide your stuff *and* keep it organized. The picket panels are relatively simple to construct from plywood and a few trimmings.



Room Divider

by Catherine Kramer

Hobby or home office materials can quickly consume a spare bedroom. This four-panel room divider is a great organizational tool for storing small items and hiding the rest.

We cut plywood panels into picket-fence shapes, then finished them with sheet cork, chalkboard paint, elastic, and baskets for a divider that's functional and good-looking.

Start by cutting a sheet of ¾-inch birch plywood so it is 60 inches long; then cut that piece into three 15¾-inch-wide panels. Since a fourth panel is needed, rip another 15¾-inch piece from a second plywood sheet, and cut it to 60 inches. For each picket's tip, mark 12 inches down from the top on each side of a panel's front and draw lines from those two points to the top center point. Cut along lines with a jigsaw or circular saw fitted with a fine-tooth plywood-cutting blade. Sand and slightly round edges with 120-grit sandpaper.

Prime, then lightly sand the panels. Dust with a tack cloth and paint.

Cut sheet cork to fit one panel, then secure it with nonflammable contact cement (available at home centers). On another panel, criss-cross strips of elastic and staple in place along the edges. Tuck photos, letters, and objects behind the elastic. Paint the next panel with latex chalkboard paint. For the final panel, attach strong-bond, self-adhesive hook-and-loop fasteners to hold small, lightweight baskets.

Lay panels side by side with the bottoms even. Join them with three 1½×1½-inch butt hinges so panels open in opposite directions. Mount hinges at 4, 24, and 44 inches up from the lower edge of the panels.

For extra stability, add braces to the end panels. Cut two triangles the same size (15¾×12×12 inches) as the top of each picket. Paint to match the panels. With the lower edges even, attach with screws; touch up the heads with paint.

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building

Be a License Inspector

It takes more than a warm body to tackle such projects as renovating a bathroom, rerouting plumbing lines, or upgrading electric service. So don't risk hammering your budget by hiring unlicensed, unbonded, uninsured friends-of-friends to handle difficult remodeling tasks.

There's no guarantee that the work done on your house by a licensed contractor will be superior to that done by one who isn't, but the odds definitely swing in your favor.

Here's why:

Playing by the rules. Obtaining a license in most states requires testing, successful on-the-job experience, and the payment of fees. Any carpenters, painters, or plumbers who have the patience and ambition to go through the licensing process will probably also have the patience and ambition to properly ply their trade. Seek them out.

Improving legal and financial standing. If all goes wrong with the job, you'll have legal recourse through the state licensing board, the courts, and the contractor's bonding and insurance companies (legitimate contractors should carry both kinds of policies). With an unlicensed worker your only hope is the courts, and that's not much help if your temporary worker has vanished.

Carrying health insurance. If the small business you hire is diligent enough to carry a license, they will likely also carry health insurance and workers compensation to protect themselves in case of accident. Ask to see up-to-date proof of all license and insurance. Also, make sure your homeowner's policy protects you in case of a work-site accident.

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MISCELLANEOUS

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Running Wild

Celebrate the great outdoors with flowers to grow, butterfly kits to build, friendly animal tips to follow, a frog feeding game, and wildlife crafts (such as the owl and raccoon paper-plate masks shown *above*). Turn the page for a walk on the wild side.

continued on page 256

He Doesn't Have To

Give Up



The Finer Tastes

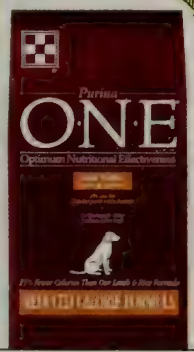
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BH&G kids

continued from page 254

"Feed me!"













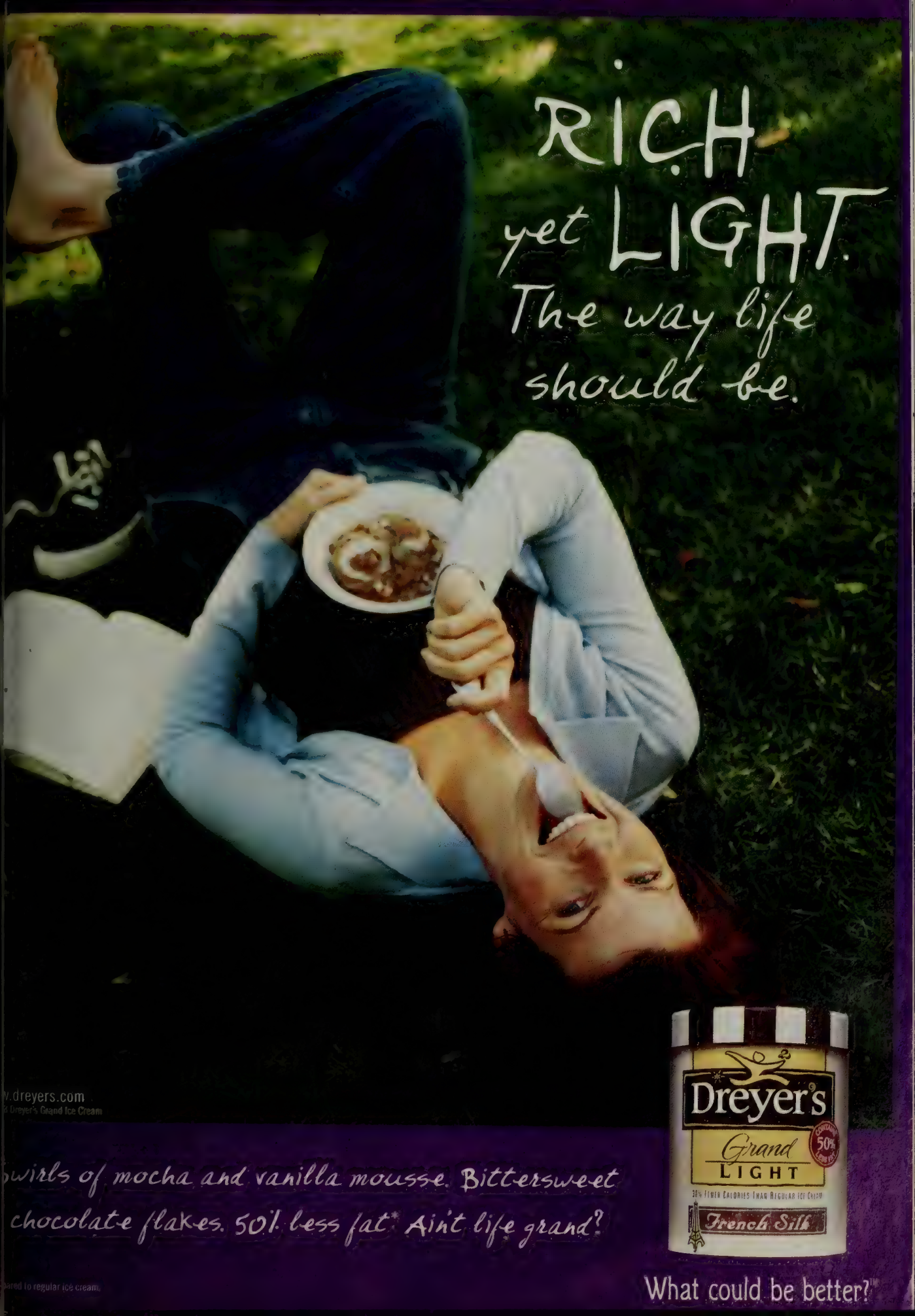
A big-mouth frog will be snacking on "flies" when you make and play the Feeding Game. It'll be like having a frog pond in your bedroom. Just follow these instructions: 1. Cut and remove the top of the box to make the frog's mouth. Be sure to leave two tabs for the eyes (see *photos a and d*). 2. Paint the tissue box green on the outside and pink inside. Brush bright green paint on the throat area. 3. Cut two back legs with feet (*photo b*) and two front feet out of poster board. 4. With a craft stick, make slits into plastic foam balls (*photo c*). Apply glue to tabs. Slide balls onto tabs (*photo d*). 5. Fold the back feet up and glue back legs to box. Glue on front feet. 6. Cut out circles from the dark- and bright-green poster boards for eyes. Glue the circles and buttons together and glue onto foam balls. 7. Curl a long piece of pink construction paper and glue to mouth. After giving your frog a name, play the Feeding Game. Start the game by standing 3 feet from the frog and throw buttons, pennies, or paper clips into its hungry mouth. How far away can you stand and still throw the "flies" into its mouth?

continued on page 258

WHAT YOU NEED:

- Square tissue box
- Dark- and bright-green poster boards
- Pink construction paper
- Paintbrush
- Pink, green, and bright green poster paint
- Two 2¼-inch plastic foam balls
- White glue, scissors
- Craft stick and buttons





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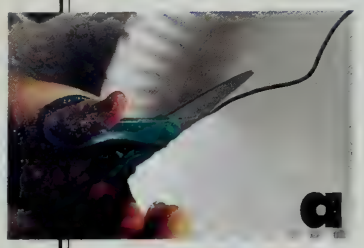
*pared to regular ice cream.

What could be better?

BH&G kids®

continued from page 256

Critter Creations







WHAT YOU NEED:

- Construction paper
  Owl: black, brown, orange, and yellow
  Raccoon: light gray and brown
- Elastic cord
- 4 beads or buttons
- White glue, scissors
- Paper plates

Go wild—as a wise owl or rascally raccoon—with these paper-plate masks.

For owl: 1. Cut out mask shape from paper plate (*photo a*). 2. Cut orange horns, orange and yellow feathers, black and brown eyes, and orange beak. Cut several 1-inch slits into each piece (except horns and beak) for a feathery look (*photo b*). 3. Glue horns behind plate. Layer and glue feathers to front of mask (*photo c*). Fold and glue beak to front. Glue eye pieces. 4. Poke small holes on either side of mask. Pull elastic cord through holes and tie to button or bead to prevent knot from pulling through. Cut eye holes with scissors.



For raccoon: 1. Same instructions as step one for owl. 2. Fold 11-inch piece of brown paper in half and cut bandit-mask shape. Cut brown ears and tear pieces of gray paper for "fur." 3. Glue ears to back of plate. Layer and glue fur pieces to front and back. Glue nose and paper whiskers to mask. 4. Same as owl.





Butterfly Gardens And Condo Kits

Lure fluttery friends to your garden with such flowers as Persian Carpet zinnias, tithonia (Mexican sunflowers), flowering bronze fennel, Snowdrift alyssum, and Music Box sunflowers. But don't stop there. Once you've attracted a few of the more than 700 species of butterflies and 10,500 species of moths, keep them safe with a home of their own from Walnut Hollow. Paint, stain, brushes, and decorating patterns are included in the kit. To order the shelter kit, seed packets, or other related outdoor items, see *page 264*.

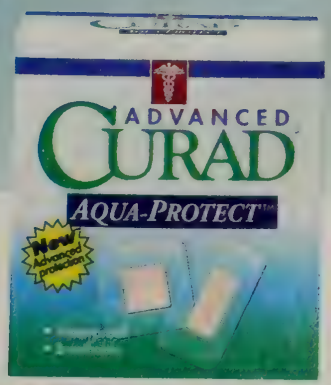
continued on page 262

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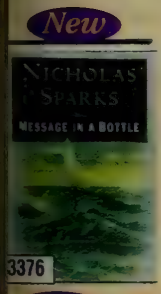
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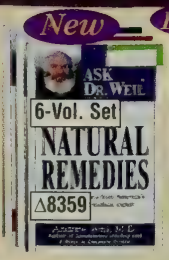


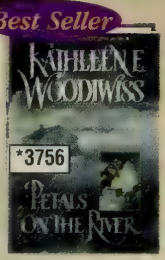


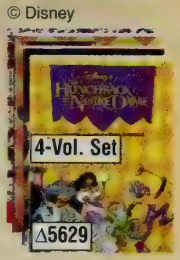


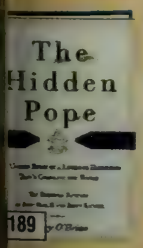




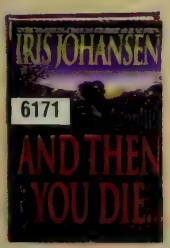




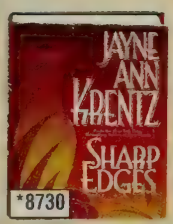


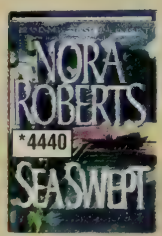






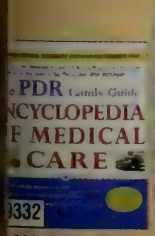




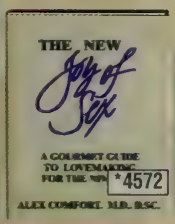










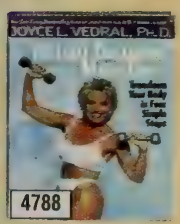












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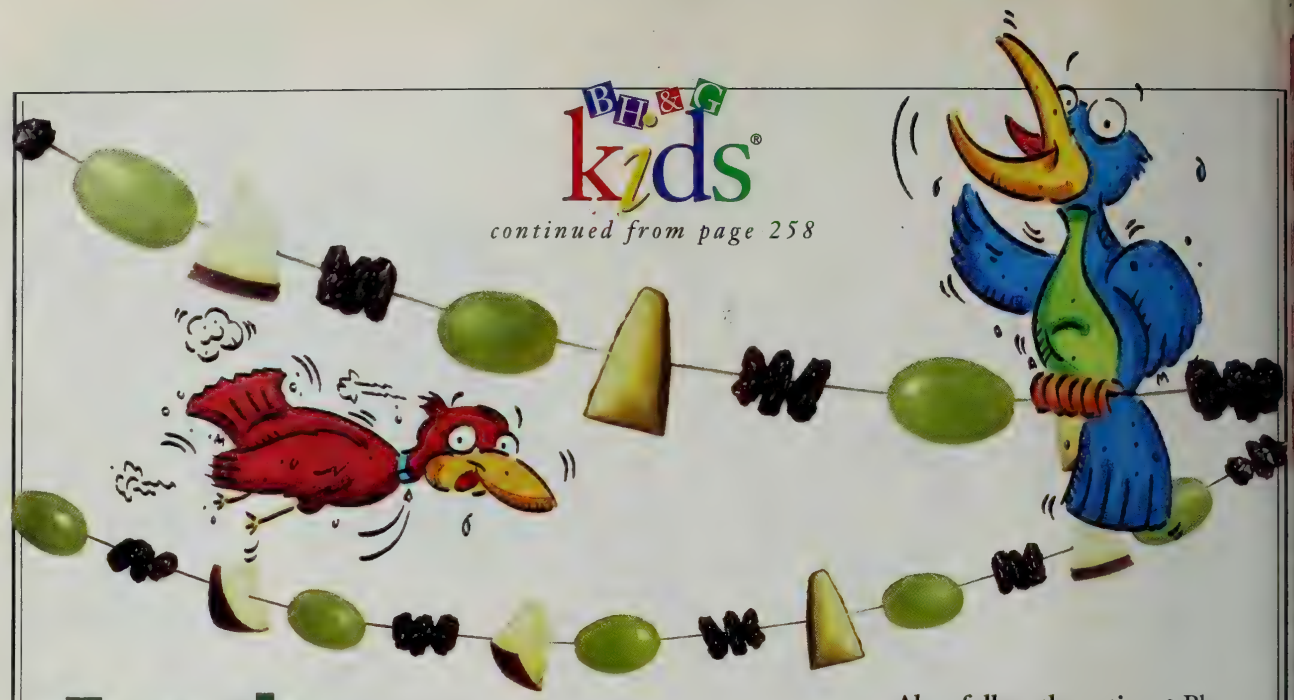
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BH&G kids®

continued from page 258



For the Birds

Animal-friendly advice

Treat neighborhood birds to a garland of goodies: Use a blunt needle to string grapes, berries, raisins, apple pieces, cereal, and bread cubes together. Use clothespins to attach ends of the garland to tree branches.

Also, follow these tips: • Place garlands where pets can't harm birds. • Throw away candy wrappers and other tasty-but-hazardous trash. • Cut apart and toss plastic rings from six-packs of soda pop (a choking hazard) into trash. • Use sturdy garbage cans with lids.



Bug Observatory

WHAT YOU NEED:

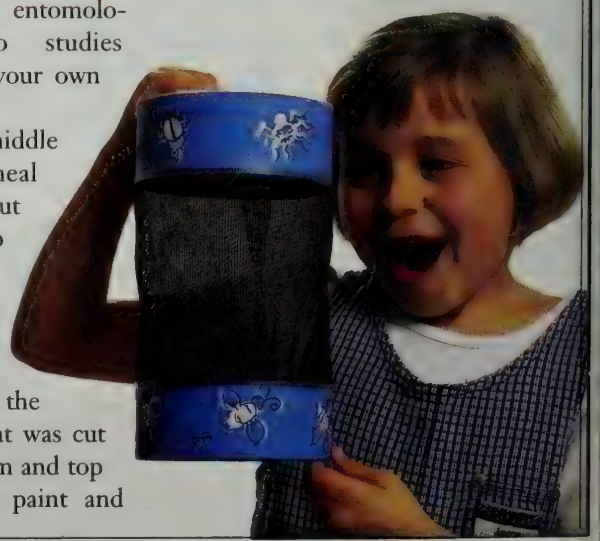
- Round oatmeal container
- Window screen or mesh
- Acrylic paint, paintbrush, and markers
- Scissors and transparent tape
- Small branches, wood chips, grass, pebbles, or other natural habitat

Become a beginning entomologist—someone who studies insects—by building your own "bug" observatory.

1. Cut out the middle section of an oatmeal container, leaving about 2 inches on the top and bottom (*photo a*). Keep the lid on the box. 2. Cut a piece of window screen or mesh the same size as the section of the box that was cut off. 3. Paint the bottom and top sections with acrylic paint and decorate with markers. 4. Attach the screen to the outside of the top and bottom sections with tape (*photo b*). Place small branches, wood chips, grass, pebbles, and other habitat material inside. 5. Remove the lid to put insects inside the observatory. ⌂





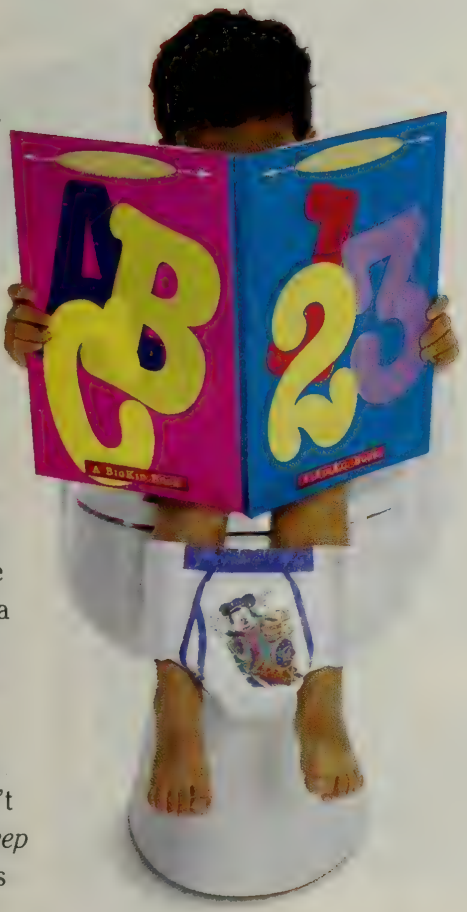


ow long
nould
ilet training
ke?

here are as many answers to
t question as there are children.
ne will train in a week. Some
e months. Each child will learn
is or her own pace.
Forcing a child to train faster
actually slow things down.
there is one sure way to make
gs go smoother and easier.

Always be consistent.
en you're teaching your toddler
to be a Big Kid—be consistent.
e a set time for naps. A set time
meals. A set way to wash, even a
way to tie shoes. It's especially
ortant to be consistent during
et training.
When you make the big switch
n diapers to training pants, don't
ch back and forth to diapers. *Keep*
r child in training pants. Success
not be instant—but it will be
er in the long run.

Pull-Ups® say,
"You're getting bigger."
g able to put on and take off
r own underwear may not seem
much to you—but it's a huge
forward for a toddler. Your child
longer a baby, dependent on
for diapering. They're a Big Kid,
ud to be independent, taking care



of themselves. And when they feel like a Big Kid, they're more apt to act like one. Keep reinforcing those Big Kid habits with Pull-Ups, and training is bound to go more smoothly.

And Pull-Ups still give you unsurpassed protection—plus tear-away sides in case of accidents.

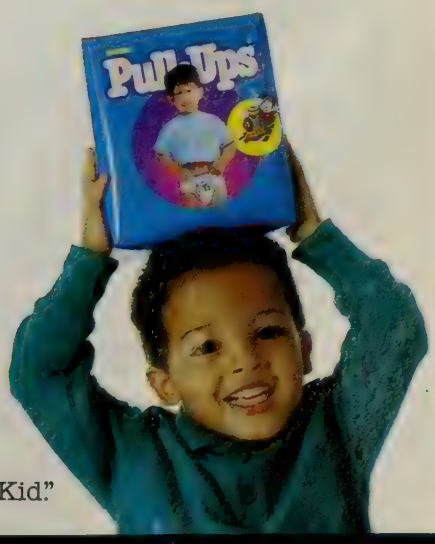
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What if they train—then backtrack? What if they'll train for urine but not for BMs? How can you be sure they're ready to start in the first place? If you've got questions, we'd be glad to help. Come visit us on the Web anytime.

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Home Improvement Contest

OFFICIAL ENTRY RULES:

1 This contest is open to U.S. residents, 18 years of age or older, except employees and their immediate families of Meredith Corporation, co-sponsors and Home Furnishings Council, and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 2, 1998 and received by December 1, 1998. Final entry form must be postmarked by February 1, 1999 and received by March 1, 1999. Final entry must include photos of project, written description of objectives, receipts for co-sponsor prizes and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected or illegible entries.

2 You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 1998.

3 Entries will be judged on appearance, function and cost-effective use of materials. In case of a tie, the entry with the highest score or appearance will be awarded the prize. Judging will be under the direction of Better Homes and Gardens® magazine. Co-sponsor awards are also judged by representatives of the co-sponsor. Decisions of judges are final. All winners except for co-sponsor awards will be chosen on or about June 1, 1999. Co-sponsor winners will be selected by August 1999. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within ten days of notification or a new winner may be chosen. Travel companion of Grand Prize winner will be required to sign a release.

4 **PRIZES:** One Grand Prize includes $10,000, plus an all-inclusive, 7-Day Vacation for Two at the Radisson Cable Beach Resort, Nassau, Bahamas and coach airfare from nearest major U.S. airport (some restrictions may apply), 7 nights lodging, all meals/beverages, on-site activities. Accommodations subject to advance notice, space availability and blackout dates. Trip must be taken within one year from date of awarding. Approximate retail value $4,500. Two Runners-up will receive $4,000 each. Eight Class A/Four First Place winners will receive $1,500 each; Eight Class B/Four Second Place winners $750 each; Eight Class C/Four Third Place winners $300 each; 72 Merit winners will receive $100 each.

5 For a list of prize winners (available after August 1, 1999), send a separate self-addressed, stamped envelope to Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest Winners' List, P.O. Box 14494, Des Moines, Iowa 50306-3494.

6 Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright in all entry material, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his/her family and property by Meredith Corporation and co-sponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication in any other magazine.

7 Contest is subject to all federal, state and local laws and regulations. All liability for federal, state and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law.

8 Residents of AZ, MD, ND and VT are not eligible to win the co-sponsor and Home Furnishings Council Awards. No prize transfer or substitution.

9 "Why My Home is My Haven" Contest Rules. Only eligible entrants to the Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest may enter. Type or legibly print a 50-100 word essay describing "Why My Home is My Haven." Place in a separate envelope labeled, "Why My Home is My Haven Contest," and include with Home Improvement Contest entry. The essay submitted must be original and cannot have been previously published. Entries will be judged on originality and clarity of expression. Judging will be under the direction of the Home Furnishings Council. Material will become the property of the Home Furnishings Council. By acceptance of prize, winner agrees that all rights, including copyright, are assigned to Home Furnishings Council. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his family and property by HFC, without additional compensation.

10 **PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THE PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.**

reader shopping

Going Back to Nature

Hey kids! Hey parents! It's the season when nature "springs" back to life, so the projects and ideas in our BH&G Kids® feature (*pages 254 to 262*) were created to wake up your appreciation of the outdoors. To help, we selected the products shown here. All prices include shipping, handling, and applicable sales tax. ⌂



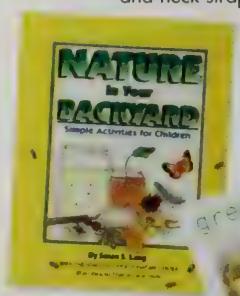
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Butterfly House

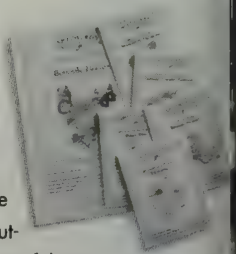
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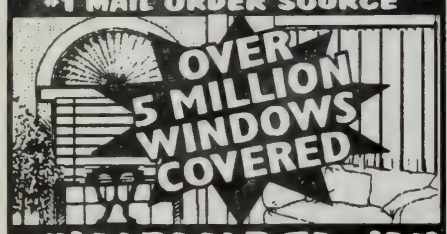
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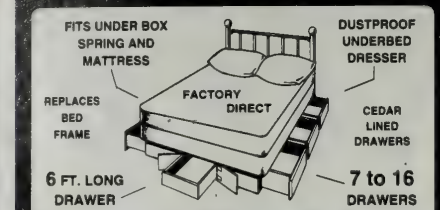
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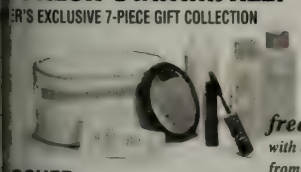


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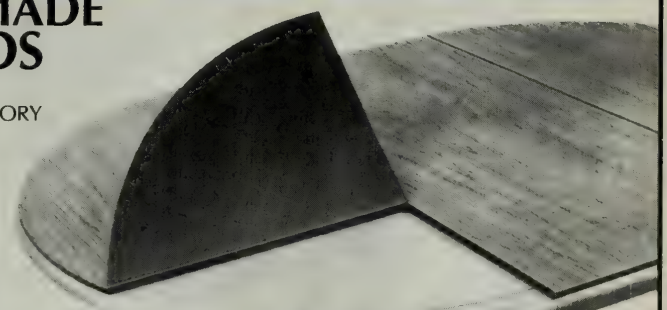
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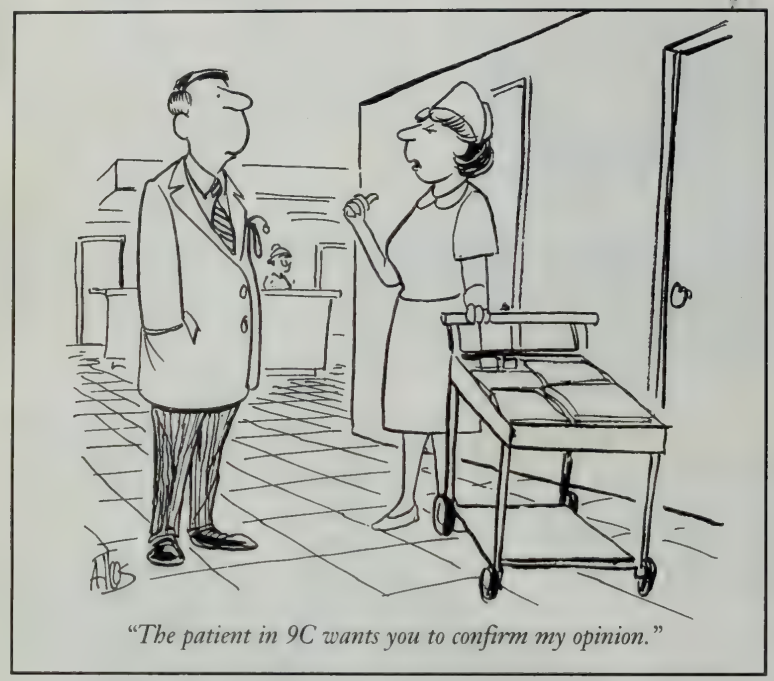
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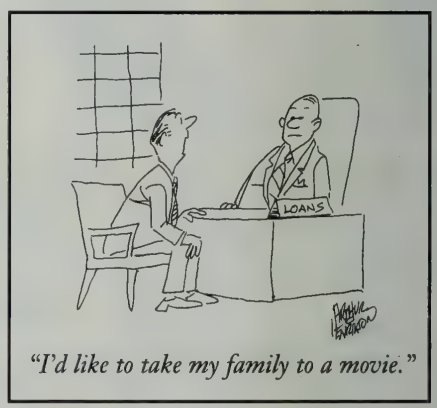
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"The patient in 9C wants you to confirm my opinion."



"I'd like to take my family to a movie."

May is the most perfectly named month of the year for me. I may get around to taking down the storm windows. I may find the energy to pack away all the winter clothes in the attic. I may wash the car…

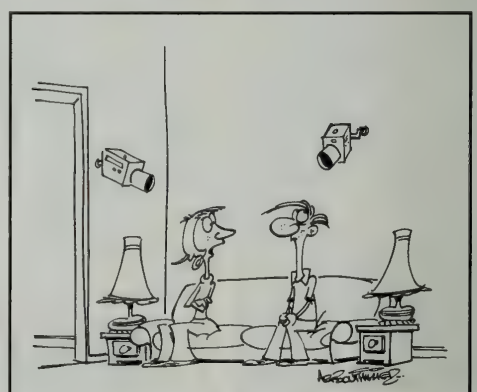
Bill Norman tried to simplify his life and help his heart by changing over to a bowl of cereal for breakfast. But since he priced his favorite cereal at more than $3 a box, he's going back to bacon and eggs.

When Dick Dresch's credit card bill last month showed no purchases over a 10-day period, he just figured the card was lost somewhere in his wife's purse.

It's marvelous, says Nan Batson. Every year about the time her starving sons return home from college, the local farmer's market begins bursting at the seams with delicious, fresh—and cheap—summer produce.

Bill Drummond says he's not taking any vacations this year. Now that all the snow and ice are gone, he says he likes it here just fine.

Out of sight, out of mind, is a harmless cliché, says Dr. Bob Hannelly, until the extra pounds you think you lost simply move around behind you. Then it seems cruel.



"Of course my parents trust me. They don't trust you!"

Editor Earl Reeves says he remembers when the first generation of reporters came along who'd never seen a Linotype machine, but now he's hiring college graduates who've never even seen a typewriter.

To the adage, "Give a man a fish and feed him for a day, teach him to fish and he'll feed himself for a lifetime," the Rev. George Hall adds a plaintive note: "Especially if he can do his fishing on Sunday."

Burton Hillis

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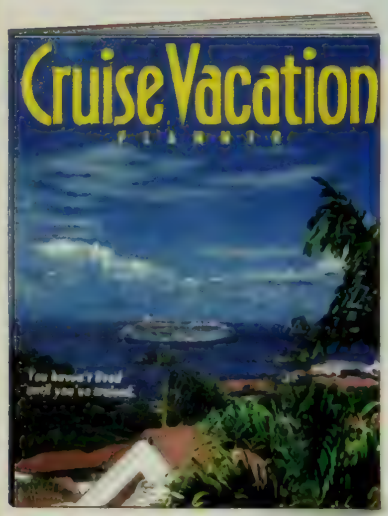
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between friends



ANDY LYONS

When does a house become a home? When you've moved your furniture in? When you've spent your first night there? Cooked your first meal? I happen to think it becomes "home" whenever you've put your personal stamp on it. If that's true, the house shown behind me was stamped from the very beginning because my folks built it themselves, board by board. Still the conversion from house to home wasn't really complete until my mother added *her* special touches. She was the wallpaper hanger and the curtain maker. She filled the house with smells of apple pie and such touches of beauty as hand-crocheted edging on our pillowcases. It was she who spooned out the cough syrup and helped with the homework. And it was she who taught me what *home*-making is all about—that it's more than what you do, it's how much you care.

My design and journalism skills were learned at school. But it's what I learned at home that really paved the way for my editing *Better Homes and Gardens*® magazine. Here, all of us believe houses are more than structures, families are more important than anything else in the world, and caring for the people we love is life's greatest responsibility as well as its greatest joy.

This is the June my mother turns 90. Our old home now shelters another young couple raising their family. Life goes on. Learning goes on. I thank you, Mom, for both.

Jean LemMon

Jean LemMon, *Editor in Chief*



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Alice Curry
Vermilion, Alberta, Canada

RV Home Helps Elderly Parents Avoid Nursing Home

My husband and I are retired and enjoy traveling in our 31-foot motor home. Last year, we visited my aging parents in Pennsylvania. Although they needed additional care, they requested not to be put into a nursing home. To help them, we decided to go full-time RV-ing in my folks' backyard. They pay our electric, water, and telephone, and we help take care of them and their home. My thankful siblings call this real family networking.

Esther Farley
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My teenage daughter has an upstairs bedroom—and her loud music makes it impossible for her to hear our calls from the bottom of the stairs. We now use one of the new, portable, battery-operated doorbells. We keep the doorbell in a basket at the bottom of the stairs and the receiver in her room. Now we just ring the bell when she's needed.

Keri Zuaro
Bethpage, N.Y.

Sneaky Snacks

I had two problems: quieting my young children long enough to make dinner, and getting them to eat their vegetables. The cranky behavior came about because they were hungry and tired. The problem with vegetables was that my kids found them uninteresting compared to meat and potatoes. One idea solved both problems. Now they are allowed to watch one favorite television program while I make dinner, and they are allowed a TV snack—their vegetables! They enjoy vegetables suitable for little fingers, and I enjoy the time I need to make the rest of the meal. It makes dinner a happier time.

Patricia Smethurst
Wakefield, Mass.

Warranties in a Bind

We could never find the operating manuals or warranties for appliances, electronic devices, or other equipment when we needed them. To solve the problem, I use a large three-ring binder with clear plastic map pockets. The pockets are divided by A to Z tabs. Then, each time a new item is purchased, the operating manual, warranty information, and original receipt are placed in one of the alphabetically ordered pockets for easy reference.

Deanna Schroeder
Albuquerque, N.M.

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Lace Lifts

Make lace the style-setter for your room by layering it over other materials that give the traditionally delicate weave a bolder geometry.







For lacy lights (*top left*), slit a napkin's center and fit it over a lampshade. Adhere top edge to shade with white glue; cover raw edge with ribbon. For lace-appliqué pillows (*left*), hand-tack the lace's edges at about 1-inch intervals.

Velvet makes a beautiful backdrop for all kinds of artful displays, from fine jewelry to crocheted doilies and antique tea napkins. Drape the lace over ready-made pillows (*above*) to showcase the lace's intricate pattern and fashion an eye-grabbing accent. Then, pull together the room's scheme, without over-sweetening the space, by adding a touch of lace at the window. A table runner hung on a separate rod acts as a decorative overlay for a sheer window panel.

continued on page 22

BETTER HOMES AND GARDENS 1998



For a mantle scarf, layer white lace napkins over colored napkins (*right* and *below, top*). (The center triangle should be largest.) Hand-tack tassels to each point. Accessories hold the napkins in place. To secure the lace tablecloth to the ottoman (*bottom*), tack lace to the ottoman's corners. Wrap ribbon around the ottoman and knot it. Tack pre-tied ribbon bows at each corner.



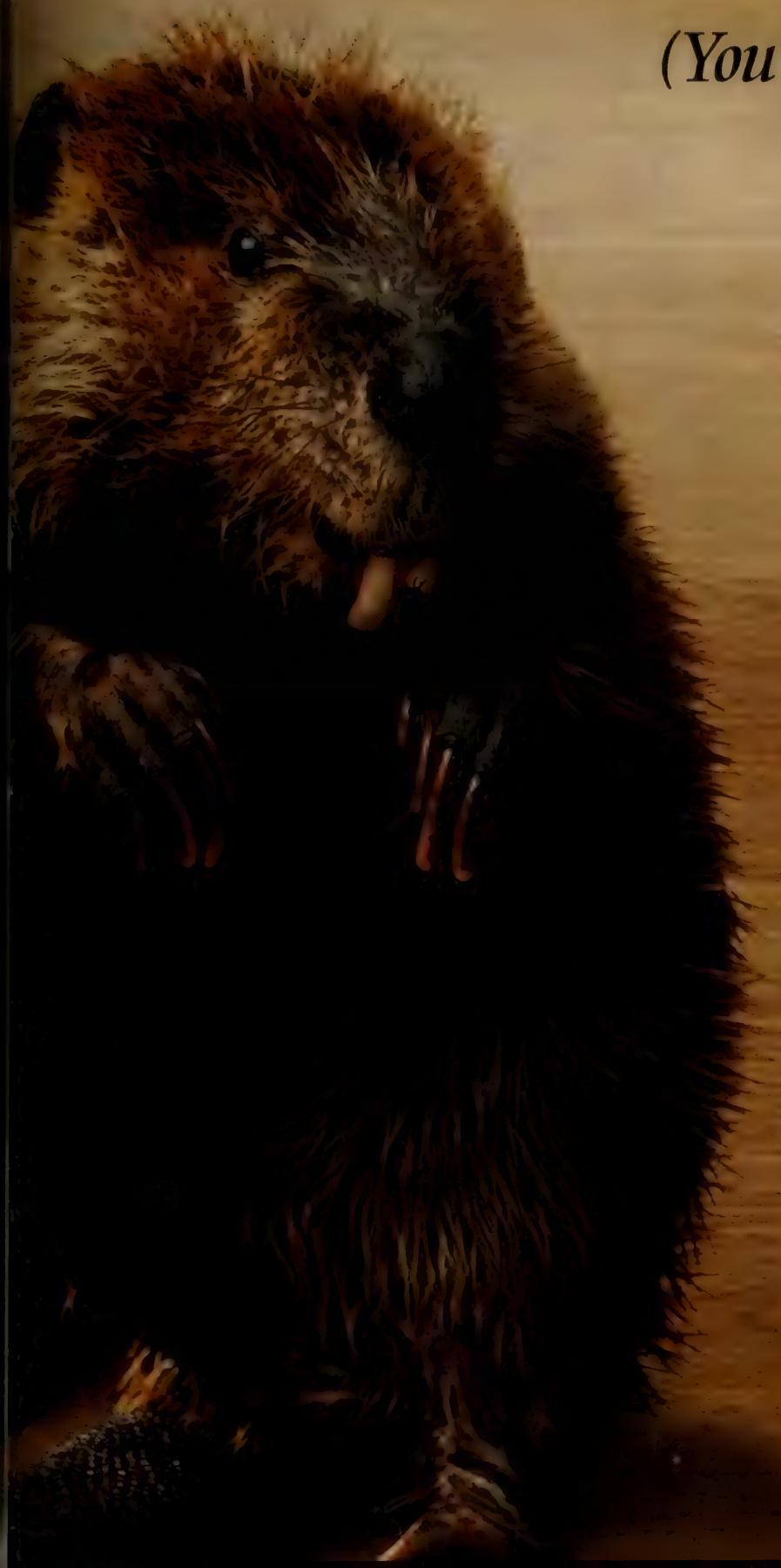


Why confine lace's grace to the dining room? Bring tablecloths out of the linen closet and into the living room by layering them over furniture. An ottoman's small size and regular shape make it the ideal candidate (*above*). Place the tablecloth over an ottoman so that both the lace's decorative edge and the ottoman beneath are visible. This technique works well when the ottoman is a color that contrasts with the lace. On the mantle, white lace napkins laid over colored cloth napkins make an instant mantle scarf. The darker napkins here are bordered with gold, but you can match napkin style to your accessories.

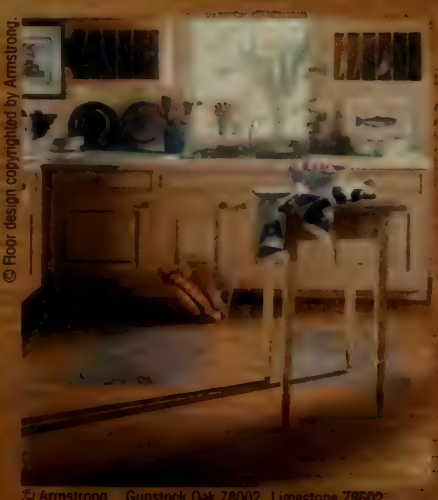
continued on page 24

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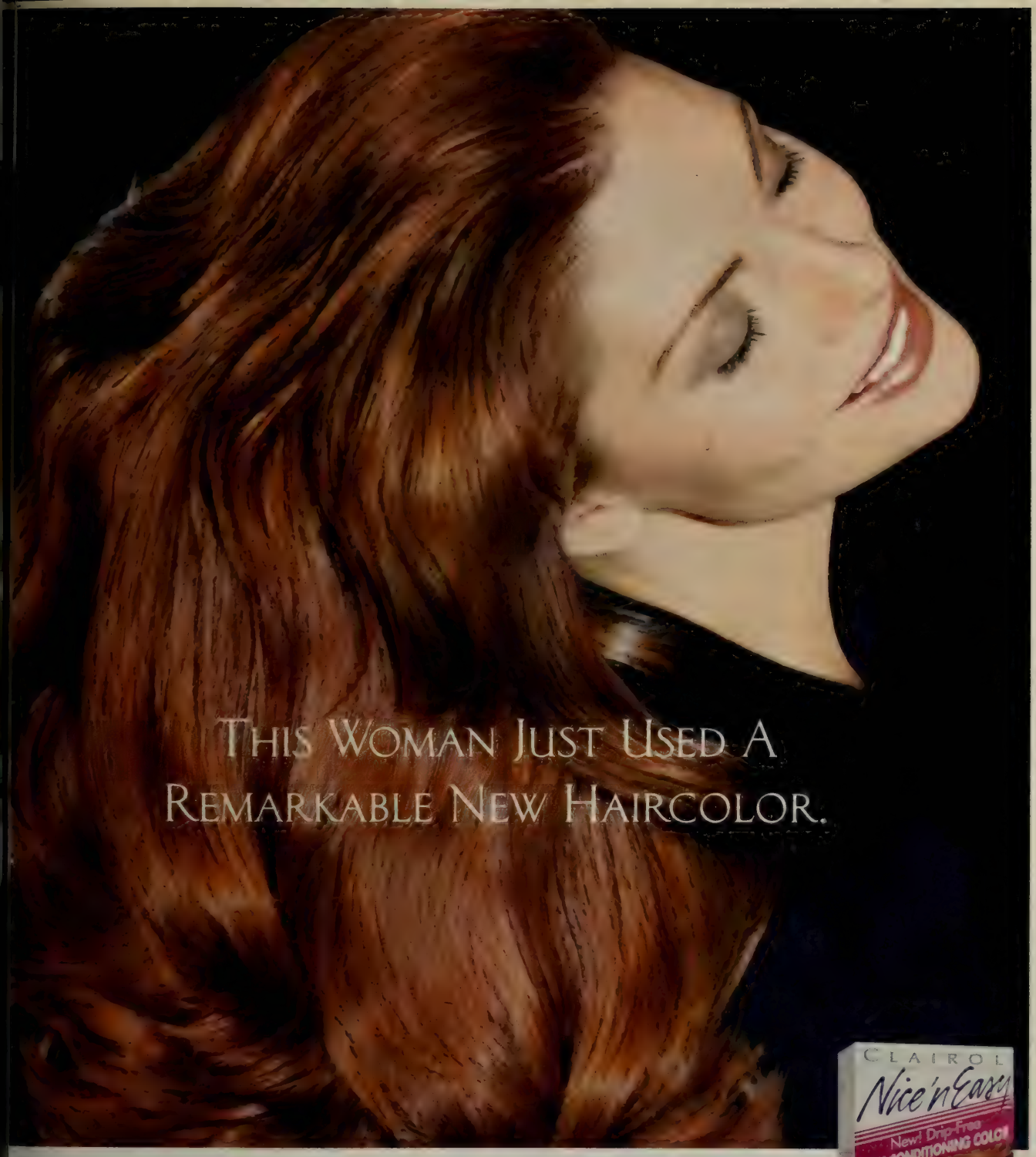


Imitate the look of a matted picture by positioning lace on interesting fiber and rice papers (*below*). Attach lace to the paper using fabric glue that dries clear and flexible (available at fabric and crafts stores). Apply glue in small dots and press the lace to the paper. Valuable laces should be hand-tacked with tiny stitches instead of glued. Do not cover lace with glass when framing as fabric needs to breathe.



For contrast as dramatic as day and night, layer light lace over darker, richly textured papers found at art, crafts, and gift-wrap stores. This grouping is appealing because subtle color shifts in the paper—all in medium-tone neutrals—blend with the wall for an elegant continuity. For a well-designed arrangement, use the largest piece to anchor a group of several framed pieces. You'll add even more eye-appeal by positioning a small shelf under the largest framed piece, and using the shelf to display an object. Note how the flower-filled vase overlaps the frame as a soft counterpoint to the frames' hard edges.

continued on page 26



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Hanging lace a few inches away from a dark wall allows light to penetrate the design and create a gossamer shadow on the wall (*below*). To hang lace from a canopy rail (*right*), first starch the fabric so it's stiff. Tie the top edge of the lace to the rail using monofilament. For a similar effect, you can tie starched lace to a wall-mounted drapery rod.



A stiffly starched tablecloth becomes an airy decorative headboard when you suspend it from a canopy rail (*above*). The contrasting wall color sets the stage for layering. If you don't want to paint your whole room a dark color, just paint one showcase wall behind your bed. To give the tablecloth edge even more definition, allow some clearance between the lace and your pillows. Sheer bed curtains are an additional peekaboo layer that leads your eyes back to the lace.

Buying information, page 79


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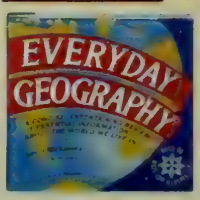


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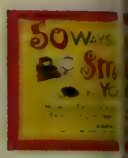
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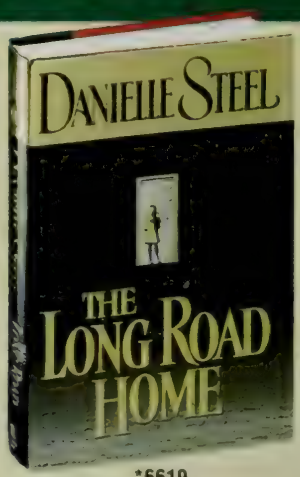


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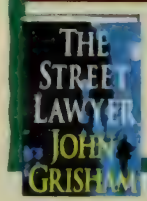


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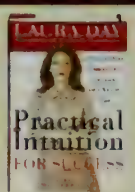


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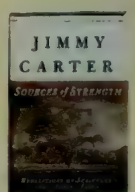
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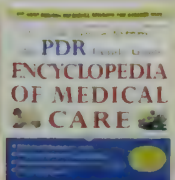


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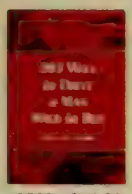
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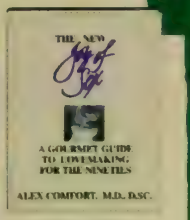
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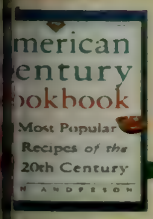


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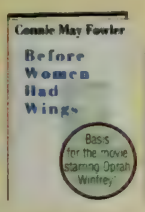
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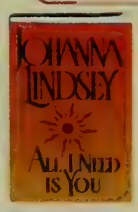
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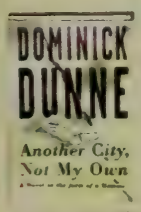
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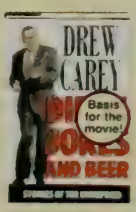
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design

Cozy chenille bedspreads from the 1930s and 1940s take on warm new roles as today's pillows, curtains, lampshades, and throws.



Mix-and-match pieces of chenille play well together in a child's colorful room. New chenille is as durable as the stuff made 60 years ago. Older pieces, if still in good condition, are strong enough for everyday wear. Because the fabric is pure cotton, chenille washes easily and fluffs up nicely in the dryer.

Old Softies

In the old days, bedtime stories often were shared under a fluffy chenille spread. Rows of tufted stripes embellished with floral or geometric patterns provided warmth on cold nights, softness in summer heat, and affordable style every day. Today, chenille is making a comeback and spreading all over the house. Teamed with antique or reproduction furniture and funky trims, these collectible textiles conjure up vacation cottages and vintage charm. Flea markets, antiques shops, and Grandma's attic are logical places to find old chenille; new chenille spreads and ready-made accessories can be found in many catalogs and home stores. Even stained and torn pieces from the past can be cut up and given new life, as we've done with the glued-on lampshade and tied-up curtains (*above*).

continued on page 32


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Old Softies

continued from page 30

The wiggly rows of fluff get their name from nature: chenille is French for caterpillar.



Sections of a green and white spread are tucked around the cushions of a curvy wicker chair and ottoman. Cut the sections to size, then narrowly hem the raw edges. Make the most of the pattern by using the boldest design on top and letting the decorative hem drape the front like a fuzzy little skirt. Because the cushions fit tightly, the fabric stays in place.

When evaluating the durability of old chenille, hold the fabric up to light. Tiny pinholes, thin spots, and water stains mean the fabric is weak and won't wear well. Small areas of wear can be covered with an appliqué of another fabric or cut out entirely, but entire pieces of poor-condition material probably aren't suitable for reuse. To get the most fluff, wash chenille in fabric soap (not detergent) and warm water, then dry it in the dryer before using it in a project.

continued on page 34

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Old Softies

continued from page 32

White-on-white designs were originally considered the most elegant of all the chenilles.



Hobnailed chenille, done in dots instead of rows, mingles well with traditional chenille patterns. All-white designs let the texture of the fabric become the room's main feature, leaving the look uncluttered. Twin pillow shams feature hem fringes as their flaps. The back pillow cover is made by sewing a tube of chenille long enough to span the headboard and drape to the floor on either side. Stuff it with an extra-long pillow.

Texture, color, and pattern were chenille's main draw 60 years ago, and they still are today. Single-color designs highlight the fabric's texture and yield a more sophisticated look. Create your own matching one-color sets by dying multicolored or mismatched pieces with a single color. Professional quality hot-water dyes (available at art supply stores) work best; for smaller pieces, stove-top dyeing is superior to that done in the washing machine. Make sure your to-dye-for fabrics are strong. Lighter colored pieces will be easier to dye.

continued on page 36

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Old Softies

continued from page 34

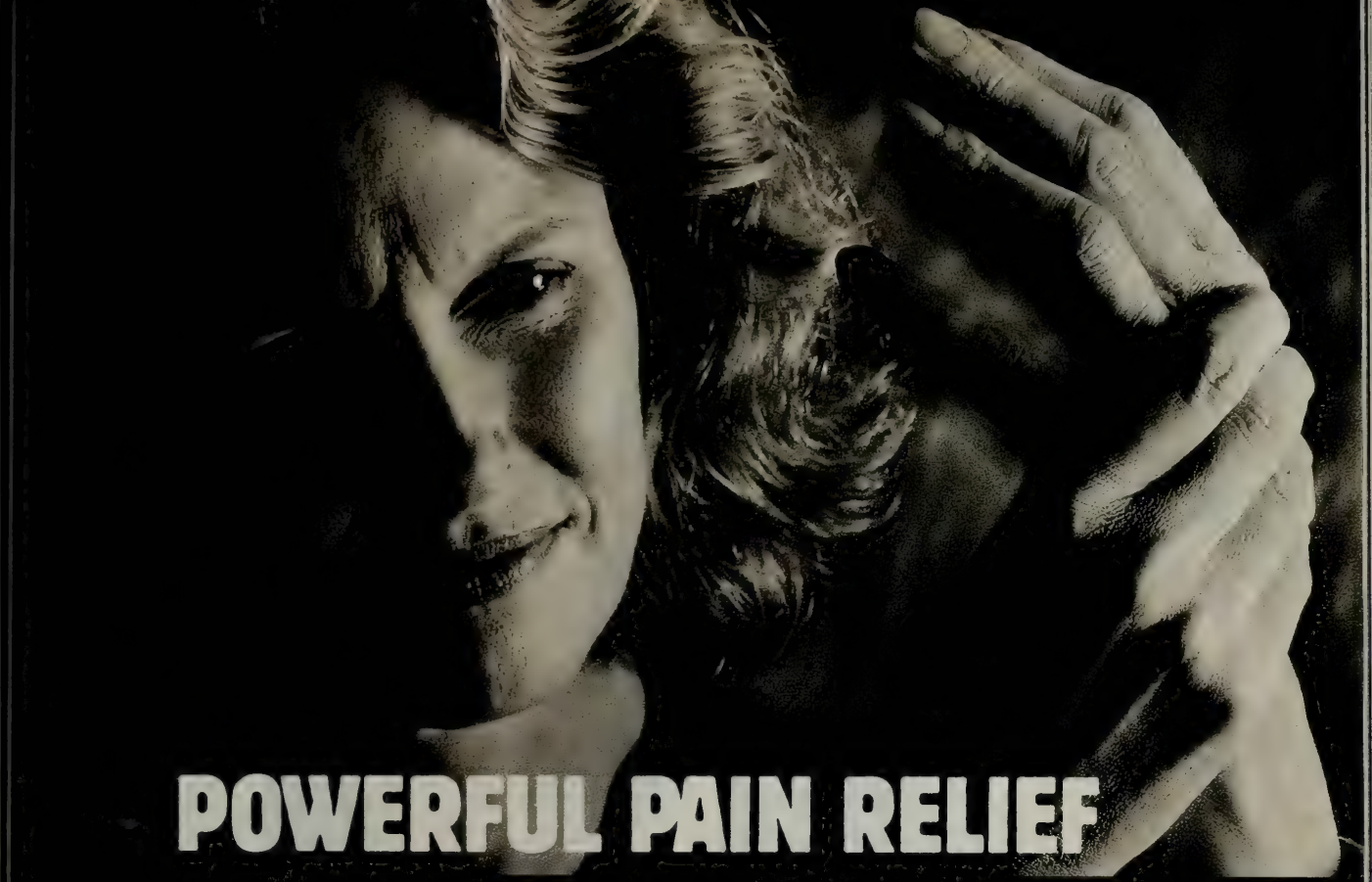
Chenille so saturated the market in the 1930s and 1940s that one southern milling town had a street named Chenille Alley.



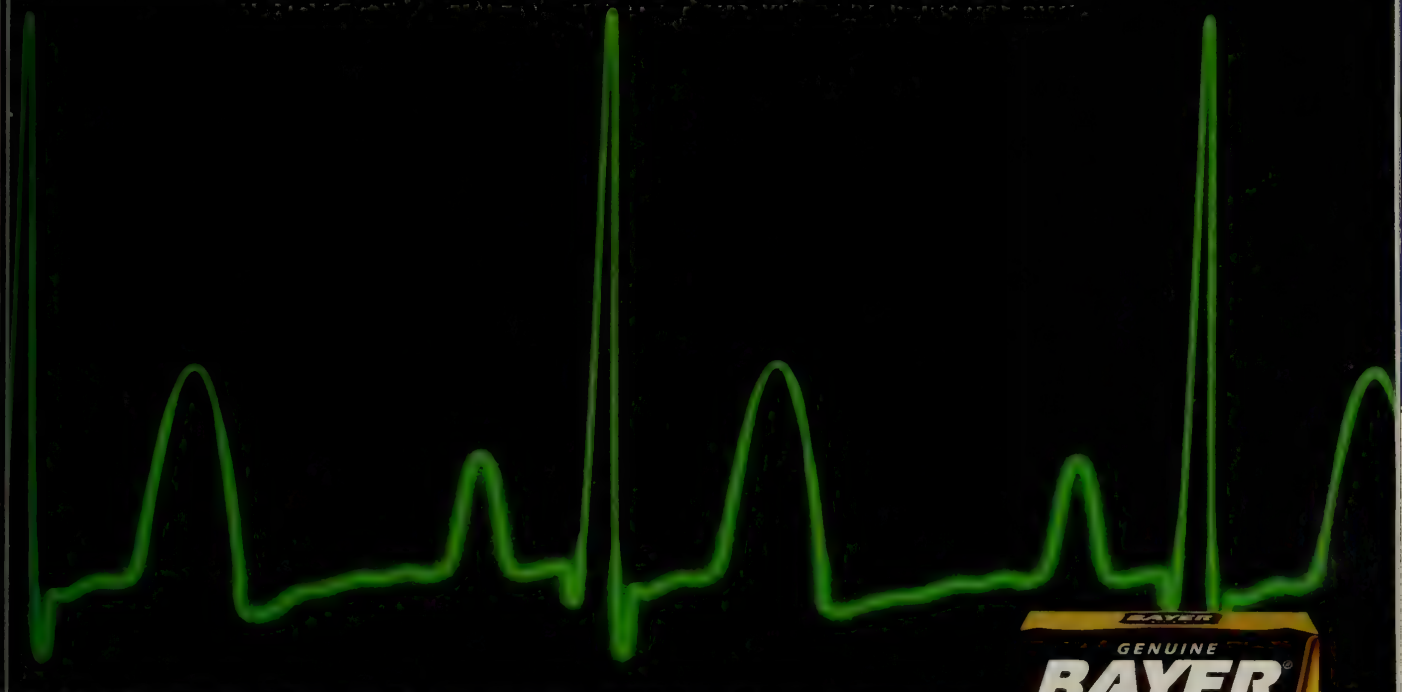
Chenille and terry cloth are a good match in the bath. Here, a terry-covered chair shares space with a chenille shower curtain and throw. To make the curtain, cut and hem a twin-size spread to 72×72 inches. (Use the decorative border as the curtain's hem or cut it off and reattach it at the top as a valance.) Add buttonholes to the top, spacing them every six inches. When sewing chenille, use a new canvas-weight sewing machine needle and clean the lint from your machine often.

Play up chenille's attributes by surrounding it with other soft, wearable fabrics, such as terry cloth, velour, and today's fashion throws made from velvety chenille yarn. Slipcovers and upholstery made from chenille add the ultimate warm fuzzy to a room. In the bathroom, a terry-slipcovered dressing chair is as comfortable, absorbent, and easy to care for as a favorite bathrobe. ⌂

Buying information, page 79



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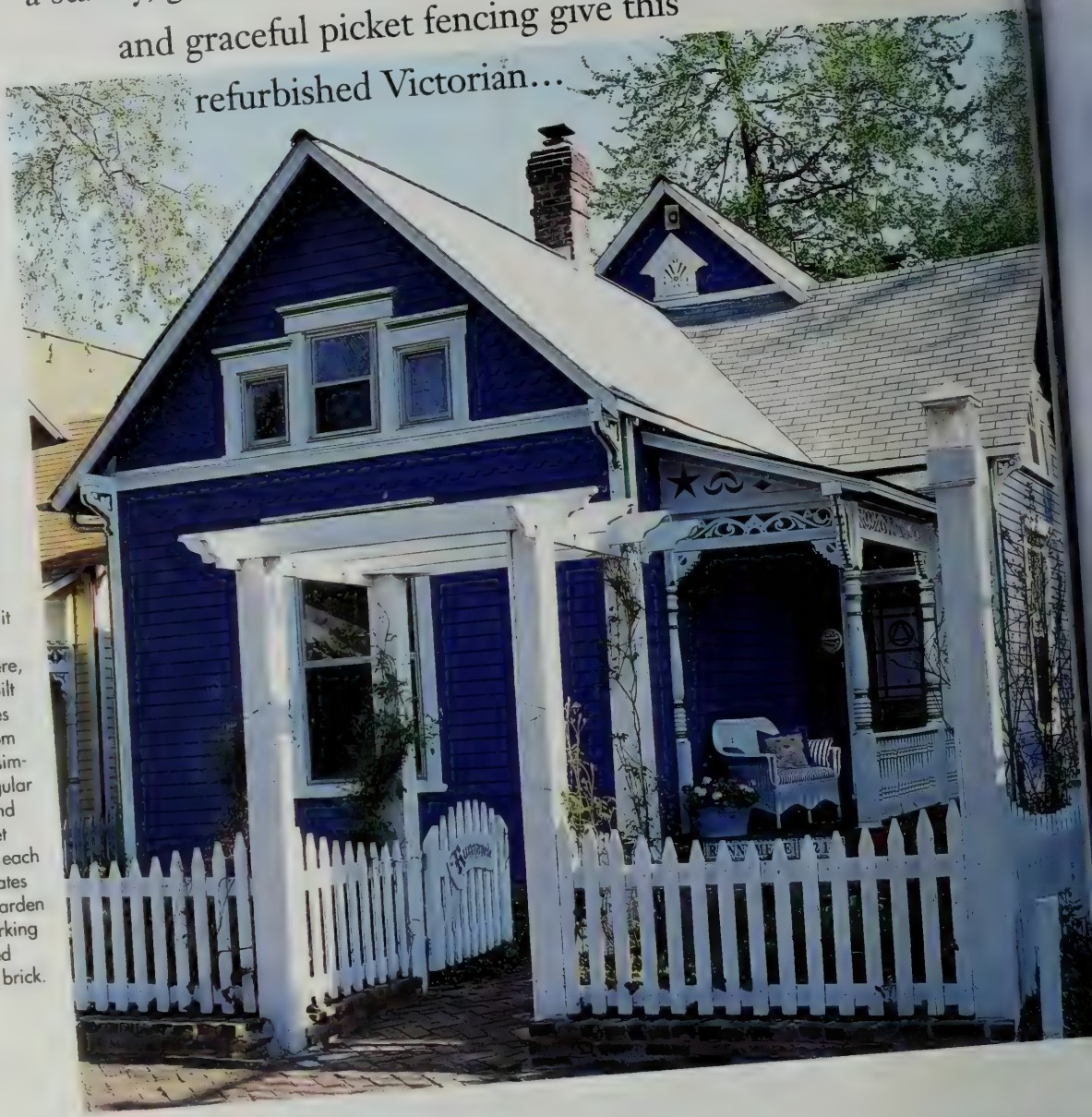






building

Exuberant blue and white paint, a stately, gated pergola, and graceful picket fencing give this refurbished Victorian...



Looking as if it has always belonged there, the newly built pergola takes its shape from the home's simple, rectangular windows and walls. Picket fencing on each side separates the front garden from a parking area paved with used brick.

A Friendly New Face

by James A. Hufnagel

Face-lifting a century-old house poses special challenge: How can you freshen its appea ance without spoiling the 19th-century charm? F Ian Frazer and Ambrose Smith, Englishmen tra planted to Indianapolis, the answer was an arr ing color scheme, plus a new entry gate out fr and a Victorian-style fence that unifies the l house with its postage-stamp lot.

continued on page

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A Friendly New Face

continued from page 40

Located in an urban neighborhood now undergoing restoration, the cottage was built in 1893 by a carpenter who was a member of the Masonic Order and incorporated Masonic symbols in the detailing over the entry porch. The home's new paint scheme highlights these symbols and emphasizes other detailing with touches of green.

Here's a tip for reducing fence maintenance: Ambrose soaked the pickets in fungicide and beveled each bottom edge so water would drip off easily. Shaping the pickets in this manner also makes it easier to paint them on the bottom.





The cottage's street number, 1215, inspired its new name: *Runnymede* (*left*). The Magna Carta was signed in the year 1215 at Runnymede in England.

Vivid color accents such as those on this Victorian-era gingerbread (*top left*) have earned the nickname "painted lady" for this architectural style.

A cottage-style garden out back (*above*) features apple and crab apple trees, phlox, tulips, and money plant.

Buying information, page 79

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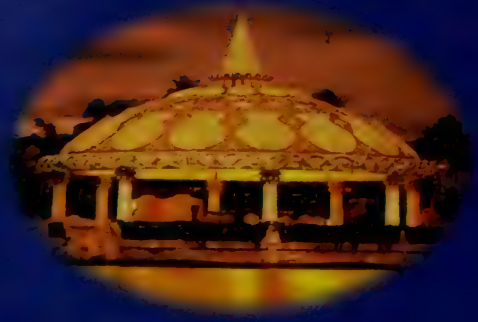
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"When My Skinny Doctor Laughed At Me, I Actually Threw My Dress At Him ..."

By Sharon Louise Brodie, R.N.

began writing this at a very low point in my life.

First, my husband left me like a thief in e night. I had been at nurses' training asses until 11:30 P. M. When I returned me, there was a note on the kitchen counter ying he was sorry but "... the fire has died." ow original!

Anyway, he took most of my personal belong-gs including my furniture, my share of our vings account — even the sheets off our bed.

And, no matter what his note said, I know e real reason he left. It was because I was erweight. Very overweight. I was 5'7" and eighed 210 pounds at the time. You'd think a rse could do something about her weight. ut I couldn't.

I spent $399.95 on a home gym. I tried upuncture. I tried hypnotism. I tried sixteen fferent diets and failed at all of them.

Let me tell you something. In my humble inion diets *don't work!* Period. I tried most every popular diet you could think of. he problem wasn't losing the weight. It as keeping it off once I lost it.

I just couldn't go through life starving yself. Or taking dangerous pills. Or drinking ose chalky-tasting "shakes" every day.

I became nervous. Irritable. And hungry. lways hungry. So any little thing triggered y anger. I was a bear. Or another "B" word.

Finally I'd binge. It was always the same. d buy a box of chocolate-filled donuts. The al good kind. Then I'd drive around in my car ith the donuts next to me on the front seat, ating and listening to Rocket 105.

It was my mother who finally talked me into tting real help. She made an appointment r me with our family doctor.

He took my history, listened to my mplaints about diets and then recommended program that was completely different from nything I'd ever seen before.

This wasn't a "diet." It was totally different. started the program on May 17th. Within the rst four days, I only lost three pounds. So I as disappointed. But during the three weeks at followed, my weight began to drop. Regu-arly. Within the next 196 days, I went from 02 to 129 pounds. This may not seem like a t. But, to me, it was a miracle. This was the rst time in my life I'd ever been able to lose eight — *and keep it off!*

It worked for me for one simple reason:

I was allowed to eat.

Three delicious meals. Plus a snack or two. Every day. Seven days a week.

So I wasn't hungry. I wasn't irritable. I wasn't bingeing on donuts.

But, I was *losing weight!*

I'm sure you're wondering, "How can a person eat so much and still lose weight?"

The secret is not in the *amount* of food you eat. It's in the *prescribed combination* of specific foods you eat during each 24-hour period. Nutritionally-dense portions of special fiber, unrefined carbohydrates and certain proteins.

Researchers have discovered that certain combinations of foods create what is called, "The Thermic Effect." In laymen's terms, it means that these specific combinations actually amplify and extend your metabolism. So your body burns *more calories.* More consistently. Not just in spurts, like many diets. That's why it allows you to lose weight without feeling hungry. Without feeling irritable. Without feeling bored with all those "shakes" and bland meals.

The Clinic-30 Program is totally *different*!

You'll enjoy meat, chicken, fish, vegetables, potatoes, pasta, soups, baked goods, sauces — plus great-tasting snacks. Lots of snacks.

You'll also enjoy the variety.

There are literally hundreds of selections and combinations to choose from. Some are gourmet meals. Others just soup and sandwiches.

There are other benefits, too.

- There are no special foods to buy. Everything's available at your supermarket.
- There are no pills. No powders. No artificial food. No drugs. No "strange" foods.
- You don't count calories. You don't keep diaries. Simply stick with the program. It's easy-to-follow. Everything is explained on a day-by-day basis.

Why haven't you heard about the Clinic-30 Program on TV? Or in newspapers?

The original program — developed by Dr. J.T. Cooper, M.D. — was given to senior medical-school students, interns and doctors taking in-service training in family practice. So it's doctor-tested. But, until it was published by Green Tree Press, Inc., it was *only available* to doctors. No one else. And it's still *only* available directly through the doctor's publisher, Green Tree Press.

Here are a few comments from some other people who purchased the program ...

Steven R. wrote to us from Nova Scotia —

"My weight was 194, now it's 157. My wife was 159, now she's 133. My daughter was 175, now she's 150 ... And, now, our neighbors want to get the program. Is it possible to purchase 2 dozen programs?

Kitty R. wrote to say she lost 56 pounds —

"The Clinic-30 Program works! I'm an example. What I like best is that I can eat six times a day and lose weight! I recommended it to a couple of friends. Now they've started losing weight, too!"

And then there's me. I had an appointment to see my doctor. So — as a joke — I put one of my old dresses in a bag. When he began joking around about how thin I looked, I took it out of the bag and tossed it across the desk at him. "Thanks to you," I said, "I don't have to wear *this* thing anymore."

We'll be happy to send you the program to examine for 31 days.

Show it to your doctor. Try it yourself for a week or two. You're under no obligation to keep it. In fact, your check won't be cashed for 31 days. You may even *postdate it 31 days in advance if you wish!*

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To order, just send your name, address and postdated check for $15.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 295, 3603 West 12th Street, Erie, PA 16505.

IMPORTANT NOTICE

Please do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program because everyone's results will vary.

The message on this page is from — and directly reflects — the contents of the Clinic-30 Program. So you're assured of its accuracy.

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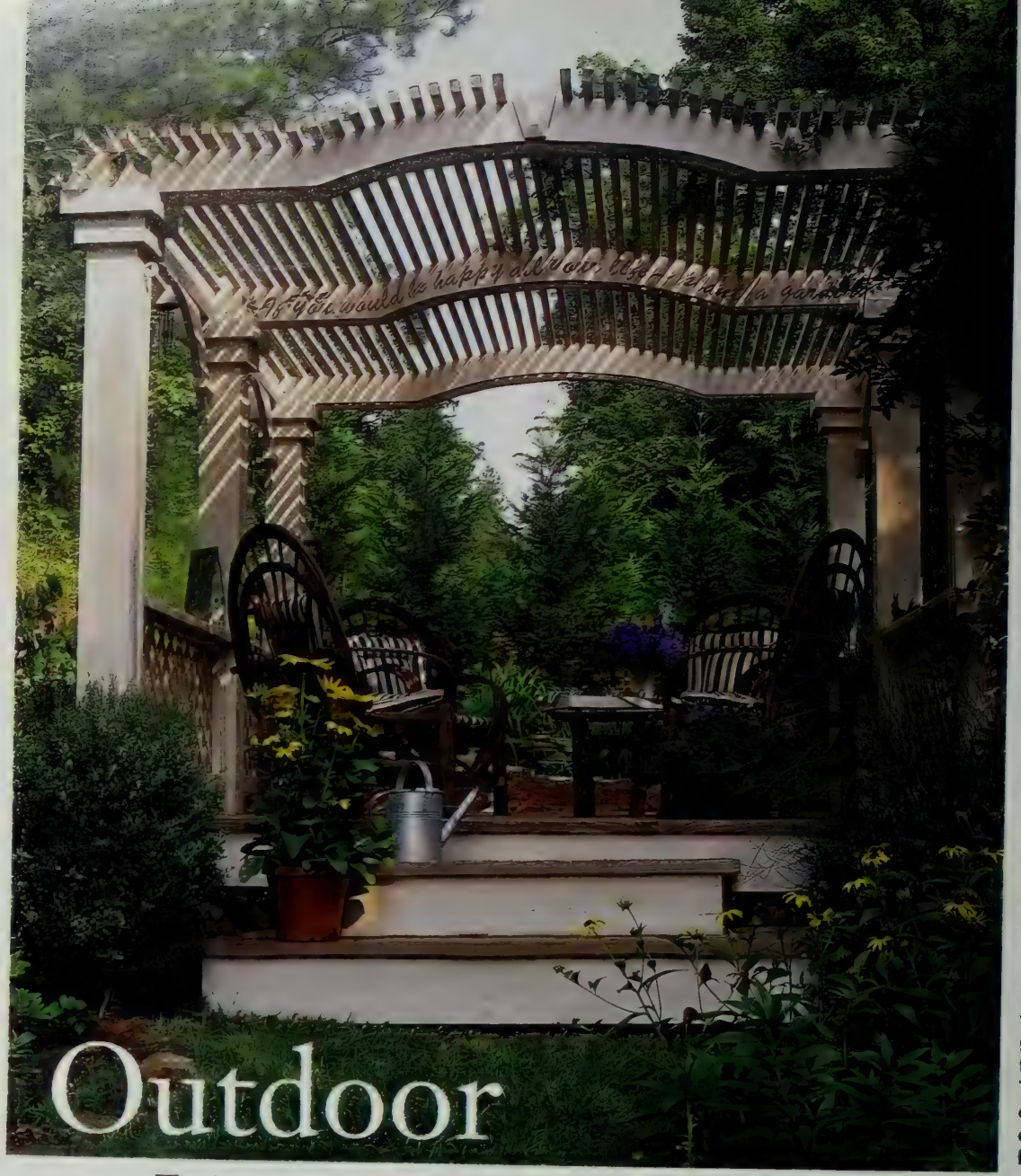


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Outdoor Living Projects

by William L. Nolan

Gently arched beams and 2x2s form an airy awning for this shady garden getaway, tempering the midday sun while allowing glimpses of trees and sky. The beams rest on boxed 4x4s above an 8x8-foot wood deck.

Traffic jams, crowded beaches, and no-vacancy campgrounds can turn fair weather foul no matter how bright the sun shines. Take the easy route: relax right at home by outfitting your yard with one of these pretty-as-a-picture, easy-to-build projects.

Made-in-the-Shade Pergola

For Atlantans Jim and Marlene Sidon, getting away from it all means a quiet stroll along a grassy path to their new hilltop pergola. Once an unsightly clearing, this corner of their property is now a favorite spot for easing back in the evening or taking a break from chores in the garden. "It's like an adult tree house," says Jim. The Sidons built it themselves with pressure-treated pine, borrowing design details from the exterior of their house.

continued on page 52



The Sidons embellished their design with trim details copied from the house, including a keystone motif used on the front windows. On the center beam they stenciled, "If you would be happy all your life—plant a garden."

To order plans, see page 56



The Legendary Architect Mies van der Rohe Said, "God Is In The Details."

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Outdoor Living Projects



Up-Front Arbor/Terrace

Putting some people-friendly places out front gave this new house in Des Moines, Iowa, a sociable charm that rivals that of its neighbors—most of which are decades older. A porchlike terrace graces the front facade, and a 3-foot-deep arbor frames the boardwalk that links the front entry with the driveway.

The arbor offers a congenial spot to greet visitors or wave good-byes, and the terrace provides a spacious sitting area for neighborly chats or relaxing outdoors. Nature supplies the "roof"—a grand canopy of century-old oaks.

Tall windows and a pair of glass doors overlook the terrace from the living room, making the shady terrace a natural extension of the indoors. Broad boxing on the posts and closely spaced slats in the terrace railing offer a comfortable sense of enclosure, yet the railing and posts are low enough to allow anyone sitting down clear glimpses of the street.

continued on page 54
To order plans, see page 56



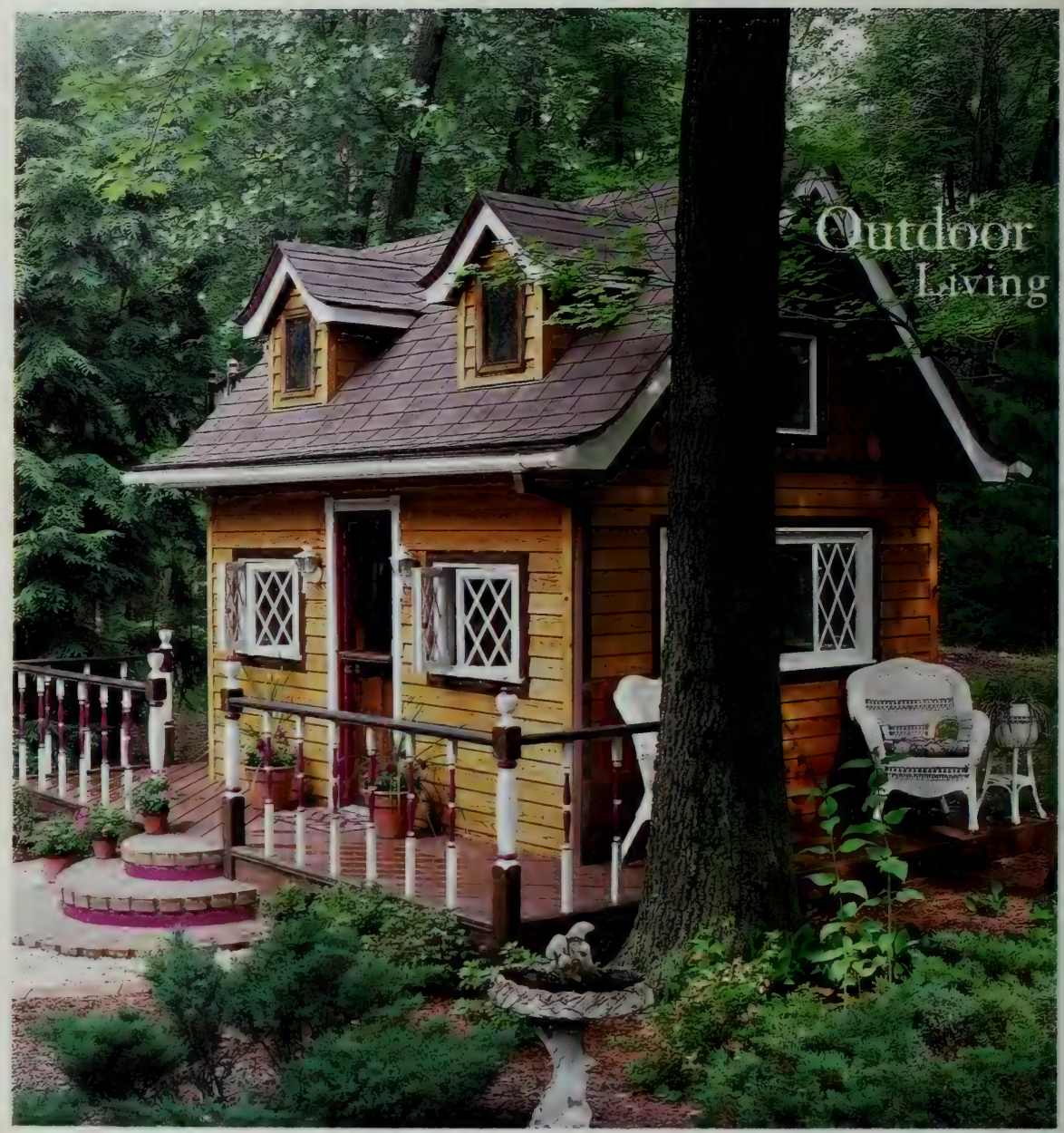
The arbor and boardwalk (*above*) help direct visitors to the formal entry, which opens from the side of the house in an oak-shaded courtyard. Rafters on the arbor echo the limbs arching overhead.

Hefty posts and slatted railings ensure privacy on the terrace (*right*) while visually anchoring the house to its setting. Inlaid stone tiles add an artful touch.

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Outdoor Living Project



Cedar shakes, beveled lap siding, circular brick steps, and a wraparound deck help meld this playhouse (*left*) with its woodland setting. A Dutch door and flared eaves add Hansel-and-Gretel charm.

Table space (*below*) tucks under a loft that can be used for reading or for putting up overnight guests. On both floors, casement windows keep the rooms bright.

Hideaway Chalet

Looking as though it were perched in an Alpine meadow, this charming playhouse actually took shape on a woodsy acreage outside Pittsburgh. There it leads a double life, serving as a backyard rendezvous for Michael and Tina Gaspar's two children (and friends), and as a rustic centerpiece for the landscaping. The Gaspars designed and built it themselves, using "grownup" materials and construction techniques but downsizing the design (overall, the playhouse measures 10 feet by 12 feet; the roof peak is only 12 feet above ground). The shell is framed with 2×4s, and covered with cedar siding on the outside and drywall on the inside just like a full-size house. To ensure more than just playtime practicality, the Gaspars added operable wood windows, a cozy sleeping loft, and electrical wiring. There's even a cable TV outlet and an intercom that connects with the main house.



continued on page 56
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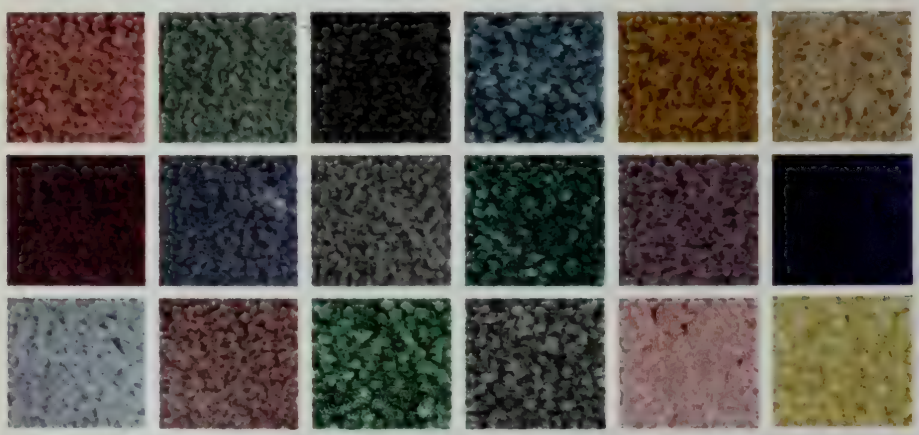
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continued from page 54

Outdoor Project Plans to Buy

Build the six fine projects shown in this feature with our easy-to-use *Better Homes and Gardens*® project plans. These professionally drawn blueprints are available only from the magazine; you won't find them in stores or mail-order catalogs.

Each plan contains a photograph of the finished project, a list of materials you'll need, construction diagrams, full-size patterns when appropriate, and clearly written directions to take you step-by-step through project construction.

Choose the **Made-in-the-Shade Pergola** on *page 50* (8×8×8 feet), the **Up-Front Arbor and Terrace** on *page 52* (arbor is 5×3×8 feet and fence is 2½ feet tall), the **Hideaway Chalet Playhouse** on *page 54* (12×10×12½ feet high), the **Country-Cottage Playhouse and Gazebo** on *page 58* (12×12×10½ feet high with a gazebo about 5 feet in diameter and 9 feet high), the **Shipshape Potting Shed** on *page 60* (13½×6×10 feet high), or the **Homegrown Greenhouse** on *pages 62-63* (10×11½×10 feet high).

Save when you buy more than one plan! A single plan costs $12.95; additional plans are only $11.00 each. All prices include shipping, handling, and applicable sales tax.

continued on page 58

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Country-cousin trimmings lend extra charm and character to this simple 12×12-foot playhouse (*left*). The veranda features spindle railings and lattice skirting, and the gazebo roof sports a ball finial.

Bill's daughter Sara painted and papered the walls (*below*), and Bill laid hardwood flooring that he salvaged from a full-size house being built by one of his sons. Other finishing touches include baseboards, wainscot moldings, and tieback curtains.



Outdoor Living Projects

Country-Cottage Playhouse

"Over the river and through the woods" has special meaning for the 11 grandchildren and 15 great-grandchildren of amateur woodworker Bill Smith, because when they come to visit him on his wooded acreage near Atlanta, they have a little house of their own. Bill, who turned 83 this year, fitted his cottage-style design with operable double-hung windows and a glass-paneled front door, and covered the exterior with hardboard siding. A front veranda and an eight-sided gazebo underscore the house's country flavor.

A photograph he spotted in *Better Homes and Gardens®* magazine inspired him to add window boxes. Daughter Sara did the interior design, including the window treatments, and Bill designed and built some of the furniture.

continued on page 60
To order plans, see page 56





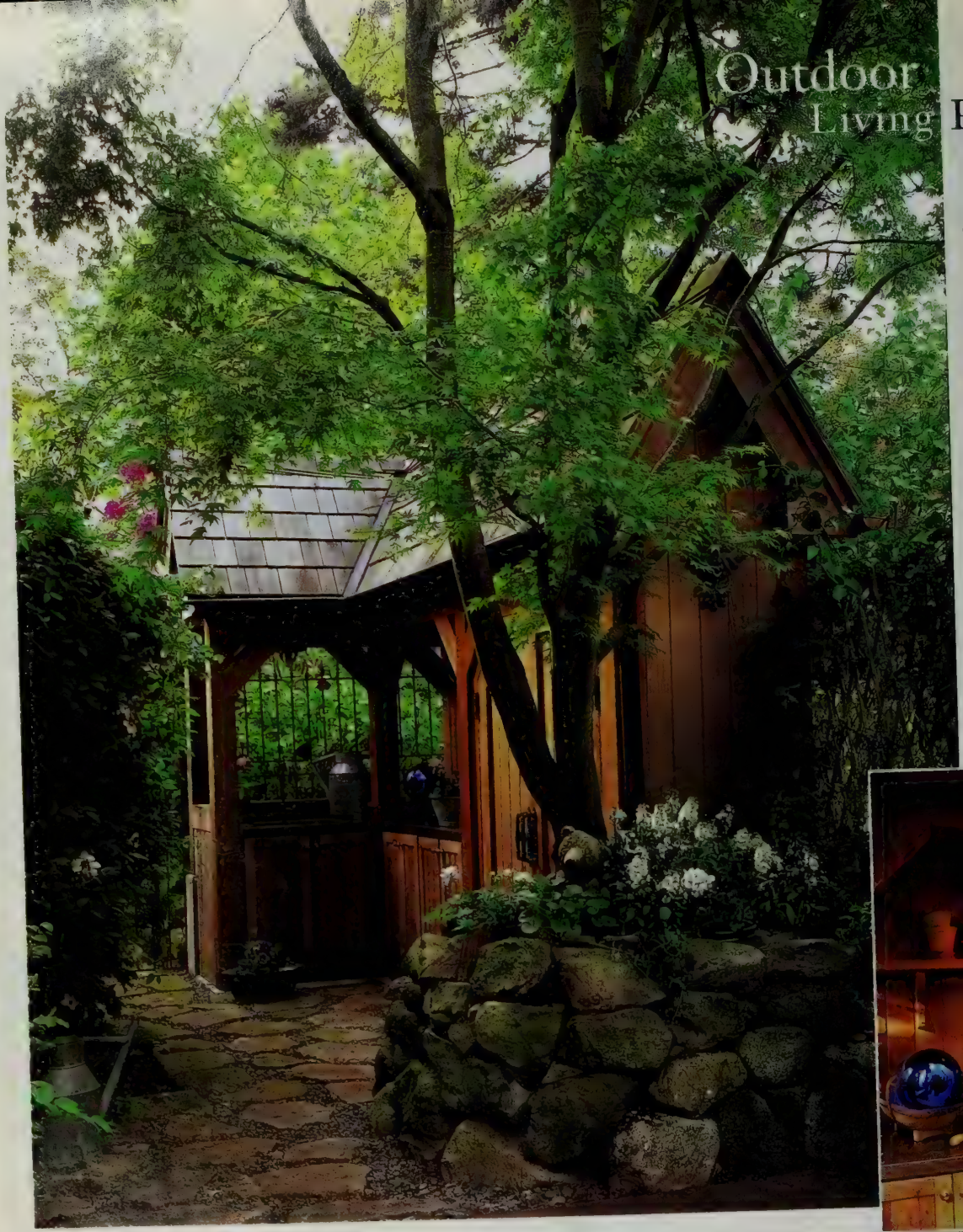
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Outdoor Living Projects



Crafted as meticulously as a sailing ship, this rustic shed houses an L-shaped work area (*left*) for potting and flower arranging plus roomy storage compartments down under for hand tools and garden supplies. Open shelving above the work area (*below*) puts pots and baskets within easy reach.



Shipshape Potting Shed

Places where you love to get your hands dirty needn't lack design finesse. This handsomely crafted potting shed in Seattle would lend architectural distinction to any backyard. Measuring approximately 6×13 feet, it includes an L-shaped potting area and roomy tool storage. Its shake-shingle roof rests on weathered cedar timbers, and the work surface is copper sheeting that has been weathered to a fine patina.

The shed also comes in handy for outdoor entertaining; a single-bowl sink with running water occupies the short leg of the L, and electrified ship's lanterns mounted in the ceiling provide task and accent lighting.

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To order plans, see page 56



Double doors at one end of the shed open to a roomy storage compartment for rakes, hoes, and buckets (*left*). The garden tools hang on large cedar pegs, and extension cords for power tools plug into an outlet at the back.



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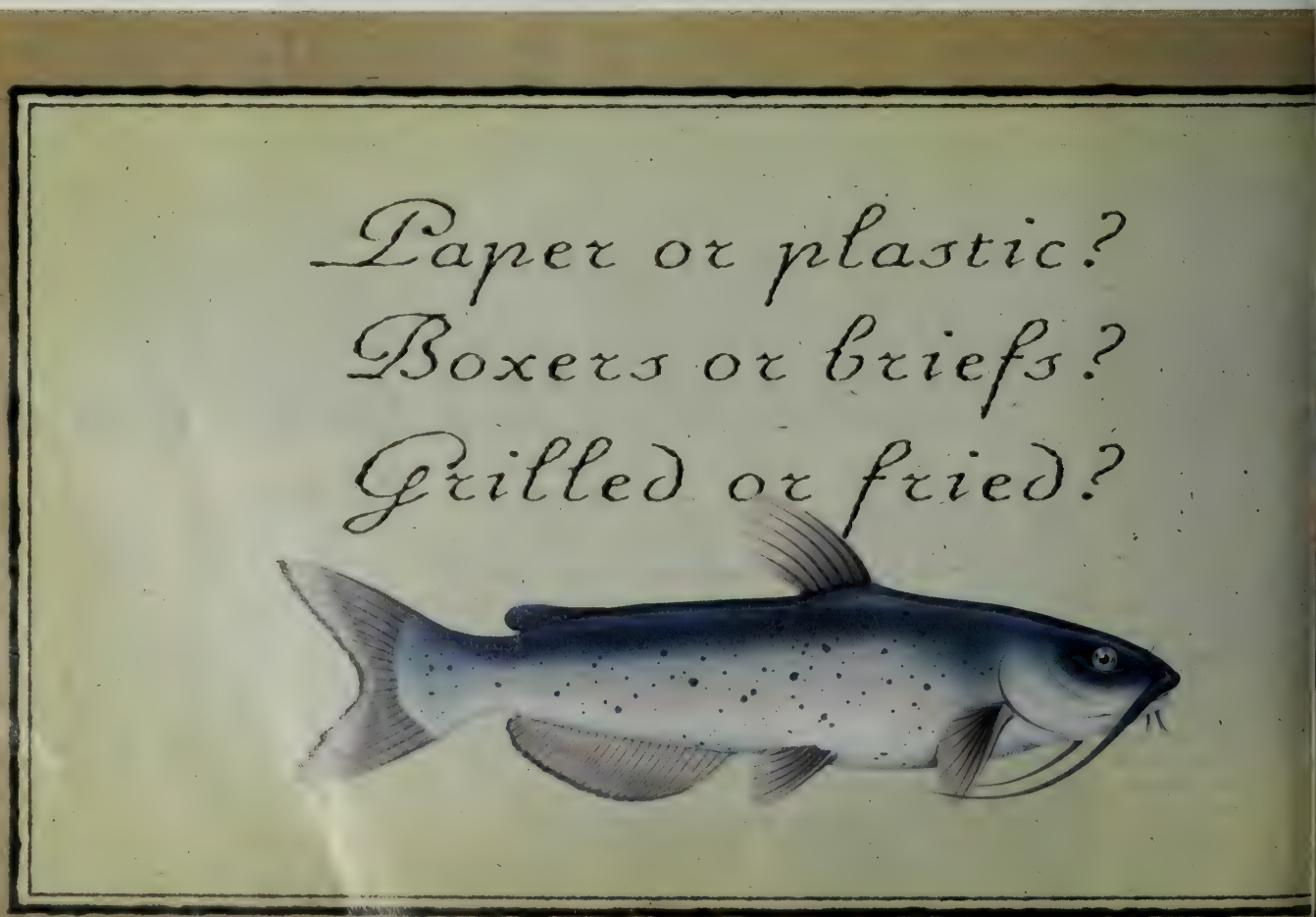
A good place to start.

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Outdoor Living Projects



Floor-to-ceiling windows on three sides and a trio of skylights on top fill the greenhouse with bright sun throughout the day. Big shelves inside let every pot get a generous dose of sun.





A wide flush-panel door on the storage cubicle makes it easy to access hand tools and to park the mower and wheelbarrow. Over the door, the roof jogs out to form a canopy.

Homegrown Greenhouse

An abiding passion for gardening prompted Ohioans Tim and Sonja Combs to include a modest-size greenhouse in the plans for their backyard tool shed. The greenhouse has allowed them to get a jump on the short Midwestern growing season and has given their shed a picturesque charm that complements its garden setting.

To keep from overshooting their budget, they chose a simple gable-roof shape and inexpensive, widely available materials. The shell is conventional 2×4 framing on a plywood deck supported by 4×4 pressure-treated wood footings. The greenhouse glazing includes 28×34-inch glass panes set in frames that the Combses made from scratch. The roofing is fiberglass shingles, the gables are sheathed with vertical-groove plywood panels, and the exterior walls are covered with vinyl siding. Together, the greenhouse and the tool storage area measure 10×11½ feet long.

To order plans, see page 56
Buying information, page 79

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building

The Durable Deck



Choose the right material when stocking up to build your deck or you could find the newest addition to your home rotting away long before its time. Here are some basics that will help you buy lumber that will last.

Lumber is divided into grades based on the number of obvious flaws, such as knots, sap pockets, splits, and other blemishes. Use the straightest, best-looking boards for deck surfaces that will show, but save a little money by buying mid-grade lumber for the unseen underpinnings of the deck's structure. Stay away from the lowest grades, however. Knotty or warped lumber will be difficult to work with and can weaken your deck.

When it comes to durable decking materials, there are three basic choices: wood that has been treated to resist rot, wood that is naturally rot resistant, and synthetic materials.

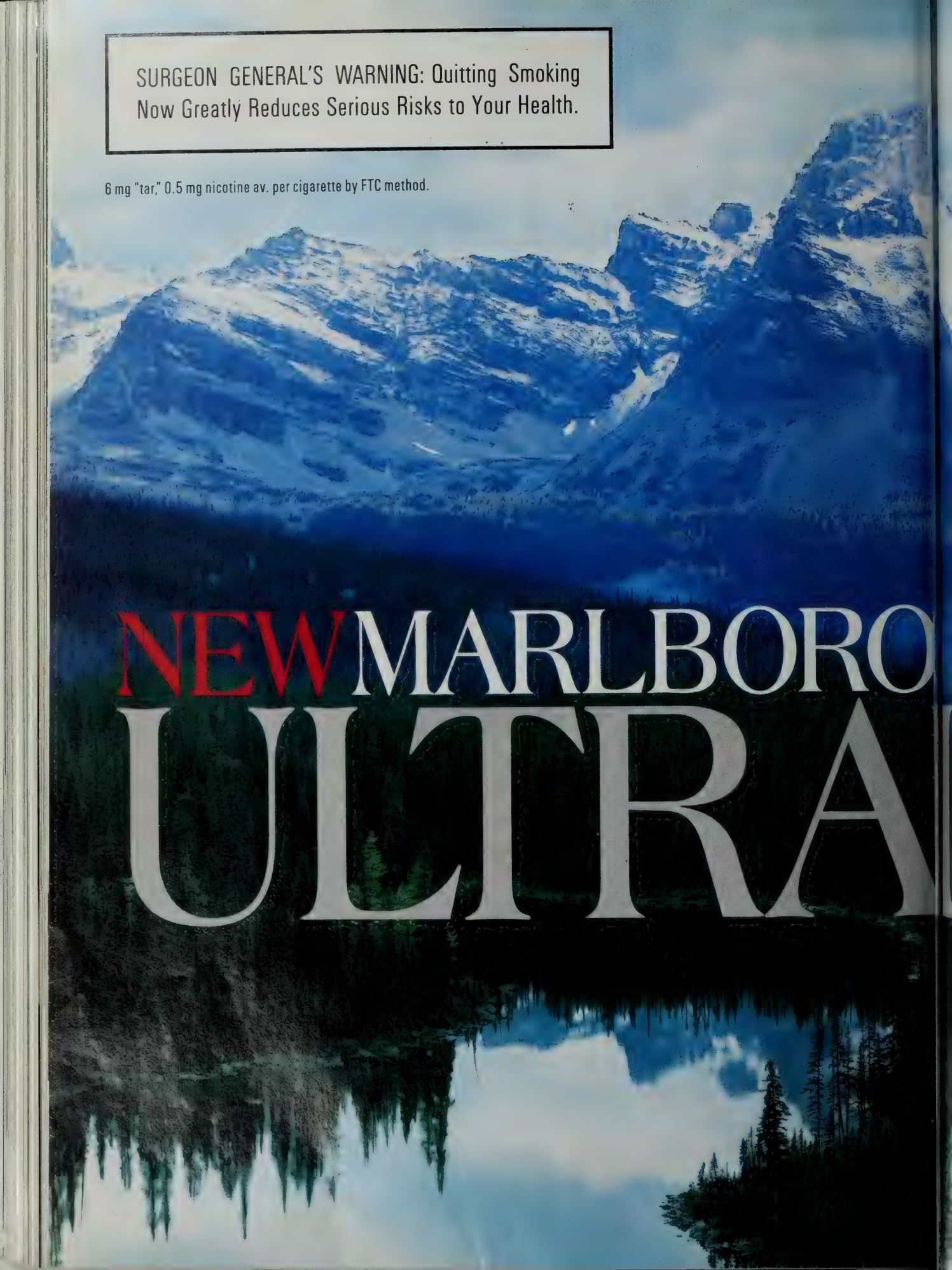
Pressure-treated lumber. The least expensive and most popular deck material in use today is pressure-treated lumber. It's usually made of pine or fir that is treated with preservatives to resist moisture. Look for lumber labeled either "kiln-dried" or "kiln-dried after treatment," and choose from either green or brown to suit your aesthetic preference. You should allow pressure-treated lumber to weather for at least 90 days before you stain or paint it.

Rot-resistant wood. Species such as cedar, cypress, and redwood naturally resist rot and decay, and they are easier to saw and nail than pressure-treated lumber. While these species are structurally strong, their surfaces are soft, making them prone to denting and marring. They may require careful handling during construction. Costs for these species vary depending on the region in which they're sold, but across the board, they're more expensive than pressure-treated lumber. You may want to try reducing your costs by using more expensive wood species for visible components, such as railings, built-in benches, and decking, while substituting less-expensive, pressure-treated lumber for the structural framing.

Synthetic materials. If low maintenance is your key concern, consider synthetic materials. Plastic lumber, which is made of recycled milk jugs and grocery bags, does not absorb moisture. Molded in various colors, plastic lumber can be painted, but it will never quite take on the look of wood.

Wood-polymer lumbers are another option. They contain up to a 50-50 ratio of waste wood and recycled plastics and can be stained or painted. These products look and feel like wood but never require maintenance. Wood-polymer lumber is expensive, usually costing as much as premium-grade woods, but savings on long-term maintenance should help offset initial costs. Keep in mind that neither type of synthetic lumber is suitable for structural applications, such as deck framing. ⌂


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design

Sure, you can have fun this summer with nothing but the basics: food, friends, 50 SPF sunscreen. But isn't life better with a few accessories? Here are some ideas for coloring your world this season, whether you're picnicking by the lake or puttering around the backyard.

Take it outdoors

On the deck



1. In and out. As the line blurs between home and garden, outdoor furniture has to look as good as what's inside the house. This teak-and-aluminum lounge chair and ottoman can withstand the elements or hold their own in a contemporary room.
2. Flex time. Versatile design and function are features of this molded plastic chair, which stacks for storage and comes in many colors.
3. It's got legs. A hosiery designer came up with the idea for this mesh fabric bowl, which stretches over a sculptural metal frame.
4. Far out. Mix up the mai tais and bring on the pupu platter: Exotic touches, such as bamboo and tropical color, find a place at the table.
5. Rain or shine. Easier mechanics help today's outdoor umbrellas go up in a snap.
6. Got your number. Plant your posies, one-by-one, in these cool painted pots.

continued on page 70

Buying information, page 79





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continued from page 68

By the pool

1. The bright stuff. Citrus colors are making a splash this season, especially in casual outdoor settings where the palette is naturally intense. A glass-topped table and stackable woven-plastic chairs are ideal for pool or patio dining.

2. Get it to go. Plastic plates and cups mean you don't have to worry about bare feet and broken glass. A printed place mat and coaster take the guesswork out of setting the table.

3. Flower power. These days, citronella candles and tiki torches aren't your only choices in outdoor lighting. These frosted glass tulips hold votive candles. For patio use, plunge the stakes into a planter or gravel-filled pot.

4. Pillow talk. Say good-bye to sticky vinyl cushions on outdoor seating. Weather-resistant fabrics, such as this solution-dyed acrylic, feel more like natural fibers but won't fade or mildew. For easy care, just toss pillow covers in the washing machine. They can even be scrubbed with bleach.

continued on page 72

Buying information, page 79



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oaded with the taste of plump, ripe raspberries, you can't get much closer to real fruit than Dreyer's ole Fruit Raspberry Sorbet. It's a refreshing moment in your day that's nothing short of habit-forming.

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continued from page 70

On a picnic

1. Paper or plastic? Pick neither. Packed with earthenware plates, stainless-steel utensils, and real glass tumblers, this old-fashioned wicker picnic basket is a civilized way to dine outdoors.

2. Buzz words. Insect motifs are all the rage, indoors and out. Hopefully, the ladybugs woven into this durable wool blanket will be the only pests invading your picnic.

3. Sling low. Webbed plastic beach chairs can leave you with an unflattering impression. This canvas sling has retro styling that's actually comfortable.

4. Grill of my dreams. A lightweight aluminum body and fold-down handles make this portable mini grill a sleek alternative to the hibachi.

5. In the shade. A colorful play tent gives toddlers a retreat from the sun; this one folds up to about the size of a loaf of bread.

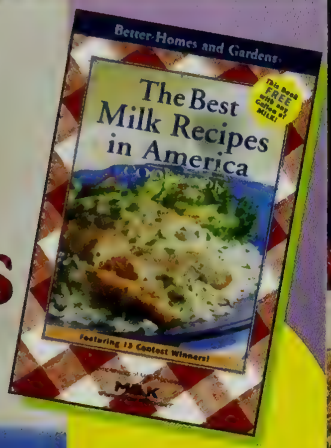
continued on page 74

Buying information, page 79



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continued from page 72

In the yard

1. The green room. Garden antiques and architectural fragments are becoming increasingly popular—and hard to find. To give your outdoor "rooms" a vintage appearance, look for new pieces, such as this cast-iron bench and folding lattice screen, that have a weathered patina. (Note: Cast iron rusts when exposed to the elements. For occasional outdoor use, these pieces should be protected with a coat of clear acrylic enamel.)

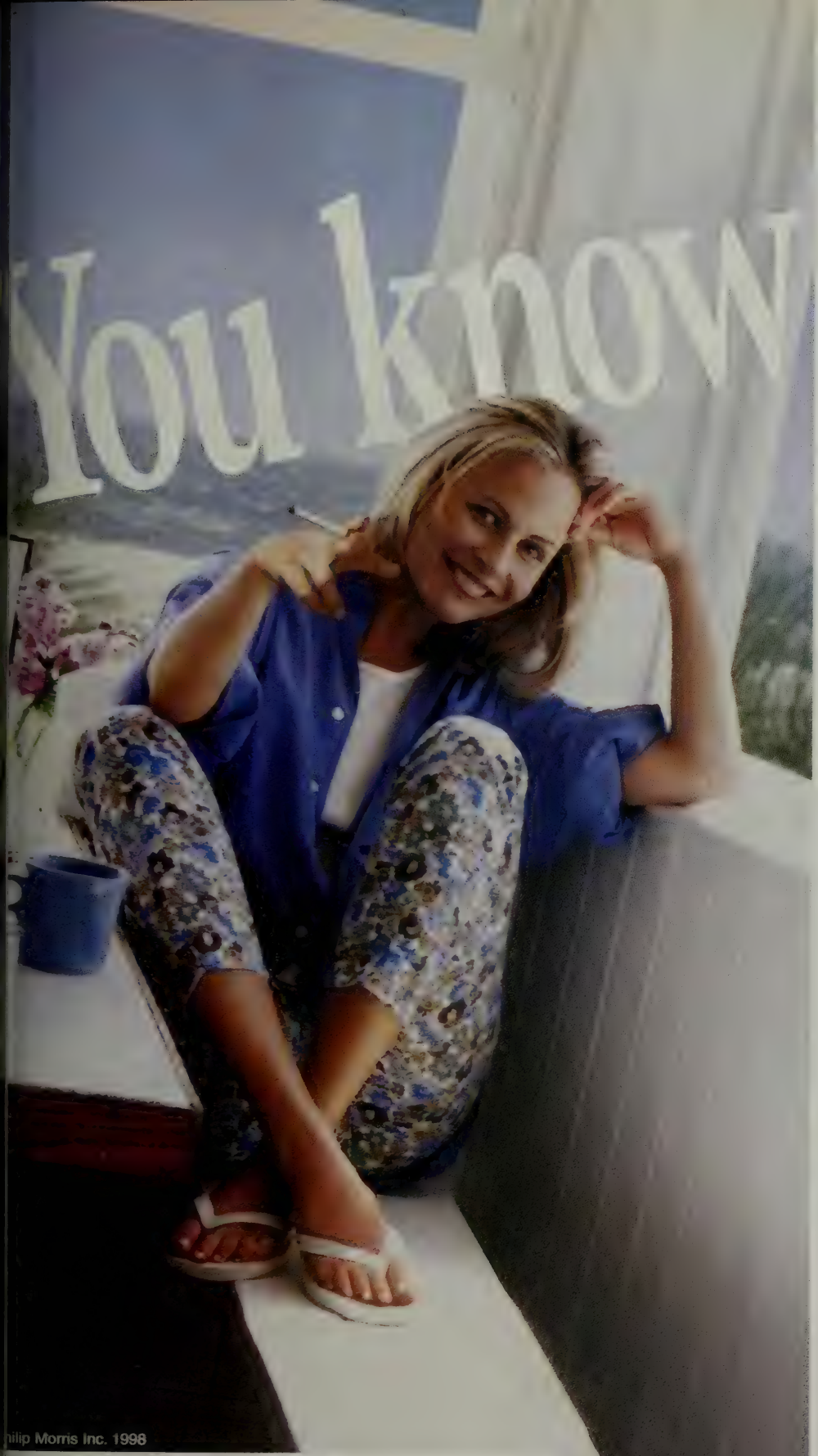
2. Urn your keep. These cast-iron planters look as if they've been sitting on an Italian balcony for centuries. The rusty finish is intentional and part of the charm.

3. On a mission. Inspired by sturdy Arts and Crafts design, this hinged-door lantern resembles aged bronze.

4. Hot tin roof. Humble but hardworking galvanized metal brings to mind farm sheds and watering cans. Today, it's used for fashionable home and garden furnishings, including this mini greenhouse with clear-plastic walls. ⌂

Buying information, page 79





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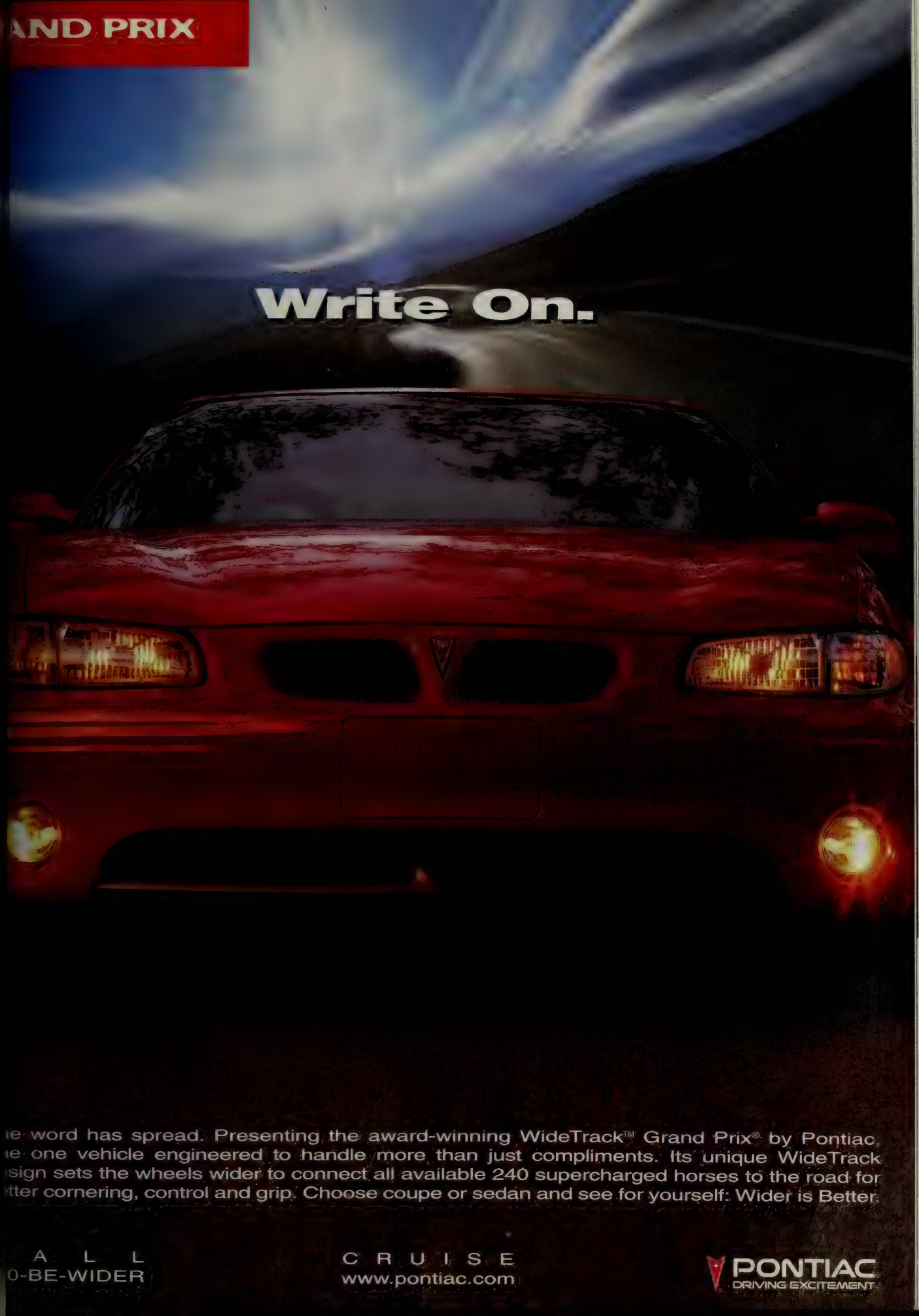
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Machine Design — 1/97
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Popular Science — 12/96
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AUTOWEEK — Feb. 24, 1997
"Best new car $18-25,000"
Kiplinger's Personal Finance Magazine — 12/96
"1997 Best Drivers' Choice"
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"An Automotive Best Buy"
Consumers Digest — 12/96
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OUTDOORS

Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: LACE LIFTS
Pages 21-26: all lace—antique. **Wall paint,** "Palm Desert," SW1153—Sherwin-Williams; for a store near you call 800/474-3794.
Page 21: love seat, similar styles available—Mitchell Gold; 800/789-5401.
Page 26: pillow shams, "Woodland Toile," 657711 (Garnet); **duvet cover,** "MC Check," 608026 (Linen)—Waverly; 800/423-5881. **Lace tablecloth**—Especially Lace, 202 Fifth St., West Des Moines, IA 50265; 515/277-8778. **Canopy bed**—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966; 978/546-5808. **All other items shown**—antique, discontinued, or a personal belonging.

OLD SOFTIES
Pages 30-36: all chenille—Elaine's Rags, 1010 36th St., Des Moines, IA 50311; 515/255-8714.
Page 32: wicker chair and ottoman, from the Southampton Collection—Palacek, P.O. Box 225, Richmond, CA 94808; 800/274-7730. **All other items**—antique, discontinued, or a personal belonging.

A FRIENDLY NEW FACE
Pages 40-42: paint (custom mix)—Porter Paints, 400 S. 13th St., Louisville, KY 40203; 502/588-9200.

OUTDOOR LIVING PROJECTS
Page 52: pressure-treated southern pine—The Southern Pine Council, P.O. Box 641700, Kenner, LA 70064-1700; 504/443-4464; www.southernpine.com. **Landscape material**—Vista Landscaping Co., 7622 Hickman Rd., Windsor Heights, IA 50322.
Page 60: light fixture, copper sink—Garden of Distinction, 5819 Sixth Ave. S., Seattle, WA 98108. **Ornamental face on gable**—Little and Lewis; 206/842-8327.
Page 62-63: roofing—Owens Corning, Attn: Bill Hamilton, Fiberglass Tower, T12, Toledo, OH 43659; 419/248-6190. **Windows**—Better Built, Smyrna Plant, 704 12th Ave., Smyrna, TN 37167; 800/251-1970. **Skylights**—ODL Inc., 215 E. Roosevelt Ave., Zeeland, MI 49464; 800/253-3900. **Louvered vent**—Cellwood Products, 10 Cellwood Pl., Gaffney, SC 29340; 800/476-8136.

TAKE IT OUTDOORS
Page 68: (*clockwise from upper left*): plate, charger, and flatware, Tuscan Summer Collection—Target Stores; 800/800-8800. **Goblet**—Fossilglass; 212/966-2798. **Umbrella**—Telescope Casual, for a free consumer catalog and a dealer in your area call 518/642-1100. **Bowl**—Raybowl from Chilewich, available through the Museum of Modern Art; 800/793-3167. **Numbered pot,** similar styles available—Pier 1 Imports; 800/447-4371. **Chaise,** 40-7403—Ethan Allen, Inc.; for a catalog call 800/228-9229. **Chair,** Philippe Starck's Dr. No stacking chair—Luminaire; 800/645-7250.
Page 70 (*clockwise from upper left*): pillow fabric, 5632 (aquamarine)—Sunbrella from Glen Raven Mills, Inc., Custom Fabrics Div., 1831 N. Park Ave., Glen Raven, NC 27217-1100; 336/227-6211. **Tulip stakes,** 853GQW—Lillian Vernon; 800/285-5555. **Table and chairs,** from the Marina collection—Pier 1 Imports; 800/447-4371. **Stemware, plate, flatware,** from the Destination Sun collection; **placemat and coaster**—Target Stores; 800/800-8800. **Napkin and napkin ring,** similar styles available—Pier 1 Imports; 800/447-4371.
Page 72 (*clockwise from upper left*): grill and picnic basket—Williams-Sonoma; 800/541-2233. **Canvas sling chair,** SC1010-46—Bed, Bath and Beyond; to order or for a store near you call 800/462-3966. **Ladybug blanket**—Faribault Woolen Mill Co.; for a retailer near you call 800/533-0444. **Tent**—IKEA Home Furnishings; East Coast, 410/931-8940, West Coast, 626/912-1119.
Page 74 (*clockwise from upper left*): mini greenhouse—Target Stores; 800/800-8800. **Lantern**—Restoration Hardware; 800/762-1005. **Chippendale bench,** F606PB; **lattice screen,** F979WL—Vance Kitira, for a retailer near you call 800/646-6360. **Cast iron urns,** G49326 and G49334—Smith & Hawkens; 800/776-3336.

SUNNY SIDE UP
Pages 82-84: pendant light, "Rustica 550-56"—Forcast Inc., 1600 Fleetwood Dr., Elgin, IL 60123; 800/989-3000. **Pine table**—antique.

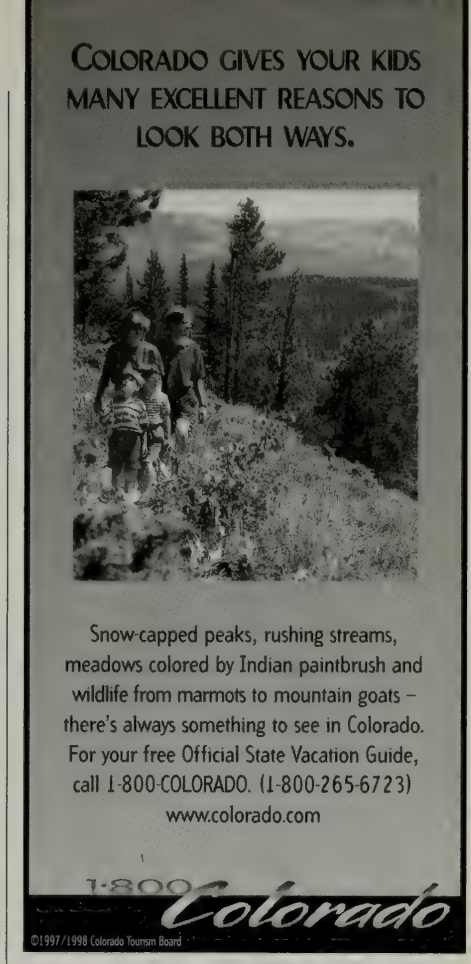
GARDENER'S ALMANAC
Pages 134-139: perennial foxglove—Wayside Gardens, One Garden Lane, Hodges, SC 29695-0001; 800/845-1124; free catalog. Park Seed Co., One Parkton Ave., Greenwood, SC 29647; 800/845-3369; free catalog. **Daylilies**—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721; 800/532-9545; catalog $2. Daylily Discounters, 1 Daylily Plaza, Alachua, FL 32615; 904/462-1539; catalog $2. **Garden trains**—Atlas Model Railroad Co., 378 Florence Ave., Hillside, NJ 07205; 800/872-2521; catalog $2.

TOPS IN TOMATO TASTE
Pages 151-156: tomato seed—Totally Tomatoes, P.O. Box 1626, Augusta, GA 30903; 803/663-0016; free catalog. Seeds of Change, P.O. Box 15700, Santa Fe, NM 87506; 888/762-7333; catalog $3. Tomato Growers Supply Co., P.O. Box 2237, Fort Myers, FL 33902; 941/768-1119; free catalog. Seed Savers Exchange, 3076 N. Win Rd., Decorah, IA 52101; 319/382-5990; free catalog. Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910; 207/437-9294; free catalog. Territorial Seed Co., P.O. Box 157, Cottage Grove, OR 97424; 541/942-9547; free catalog. Cook's Garden, P.O. Box 535, Londonderry, VT 05148; 802/824-3400; free catalog. Park Seed Co., One Parkton Ave., Greenwood, SC 29647; 800/845-3369; free catalog.

ENJOYING THE GREAT OUTDOORS
Page 160: pitcher, glasses, and napkins—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.
Page 163: wood furniture—Smith & Hawkens, P.O. Box 6900, Florence, KY 41022-6900; 800/776-3336.
Page 170: awning—Atlanta Awning Co., 1203 Beaver Ruin Rd. NW, Norcross, GA 30093; 770/935-9003.

OUTDOOR FAMILY ROOMS
Page 174: vintage pillows—Granny Taught Us How, 921 Peachtree Rd. NE, Atlanta, GA 30309; 404/351-2942.
Page 176: iron table, custom design by Rick Avrett—Ole Charleston Forge, 970 Morrison Dr., Charleston, SC 29403; 803/723-3816.
Page 178: wall lantern—Georgia Lighting; 404/875-4754.
Pages 180-182: wicker—Lane Venture; for a retailer near you call 800/235-3558. **Birdhouses**—The HTT Co. East, Inc., 230 Spring St., Ste. 1421, Atlanta, GA 30303; 404/577-3303. **Chair fabric**—Sunbrella from Glen Raven Mills, Inc., Custom Fabrics Div., 1831 N. Park Ave., Glen Raven, NC 27217-1100; 336/227-6211. **Rugs** (antique)—Zinn Rug Gallery, 269 E. Bay St., Charleston, SC 29104; 803/577-0300. **Floral pillows**—Ralph Lauren; 212/642-8700. **All other items shown**—antique, discontinued, or a personal belonging.

PULLING OFF A SUMMER PARTY
Page 187: awning fabric, Simsbury Stripe Vintage (662402), Indigo—Waverly; 800/423-5881.



All other items shown—antique, discontinued, or a personal belonging.

FRESH AND FUN AS ALL OUTDOORS
Page 197: sage glass dessert plate, "Petals"—Anchor Hocking, 519 Pierce Ave., Lancaster, OH 43130; 740/681-6478. **Pink floral napkin,** "White Rose"—Paula Sweet, 95 Morton St., New York, NY 10014; 800/447-3877.
Pages 198-199, and 206: table and chairs, "Coventry" **folding table,** "Hampton" **folding chairs**—Smith & Hawken, Two Arbor Lane, P.O. Box 6900, Florence, KY 41022-6900; 800/776-3336. **Woven denim place mats and blue napkin rings,** "Whiskers"—Paula Sweet (address above). **White with navy stripes tea towel** (used as napkin) "Leitner"—Bergdorf Goodman, 754 Fifth Ave., New York, NY 10021; 212/753-7300. **White and cobalt oval buffet plate,** "Polka Dot," **cobalt flare coolers**—Fishes Eddy, 889 Broadway, New York, NY 10003; 212/420-9020. **White plastic-handled flatware,** "Wave"—Regent Sheffield, 333 New Hyde Park Rd., Suite 409, New Hyde Park, NY 11040; 516/365-8600. **Mug,** "Checkmates"—MidAmerica Tableware Inc., 1707 Westgate Rd., Eau Claire, WI 54703; for a store nearest you call 715/834-3773.
Page 200: oval platter, "Mandalay Fish Platter" by Mariposa—BoDanica, 7722 Girard Ave., LaJolla, CA 92037; 800/654-4674.
Pages 201 and 217: green bamboo dinner plate—Bergdorf Goodman (address above). **White table cover,** "William & Mary" (twin bedspread); **clear glass tea pitcher**—William Wayne & Co., 850 Lexington Ave., New York, NY 10021; 800/318-3435.
Pages 203, 217, and 220: lemon small salad bowl—Trudeau, 900 E. Diehl Rd., Ste. 160, Naperville, IL 60563; 888/887-8332.
Page 206 (*clockwise from top*): clear drinking jar—Fishes Eddy (address above). **Checked blue and white salad plate,** "Checkmates"—MidAmerica Tableware Inc. (address above).

continued on page 113

Home is where the heart is

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Actual diameter approximately 5¾ inches

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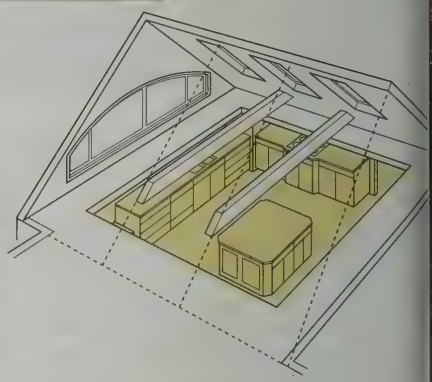
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Sunny Side Up





A vaulted ceiling (*left*) now defines the kitchen space, replacing a peninsula and upper bank of cabinets (*top right*) that once shut off the breakfast area and family room. Raising the roof and replacing the peninsula with an island (*below*) brings the kitchen a wonderful sense of openness without forfeiting function.



by Shawn Gilliam

As tongue-in-cheek names for styles go, this kitchen was what you would call "1970s wood grain." But the dark and dismal didn't end with the wood. A cabinet over the peninsula loomed between the kitchen and adjacent spaces, blocking valuable sunlight and views. Inefficient cabinet storage left countertops littered with small appliances. To top it all off, an 8-foot ceiling—decorated with dark, nonstructural beams—boxed in the room.

The problems this Vancouver, British Columbia, kitchen faced weren't unusual. Brightening—and opening—are top remodeling goals for kitchens everywhere. And that is exactly what interior designer Wendy Rae and architect Curtis Krahn had in mind when they teamed up to remodel these dark, cramped quarters.

The most dramatic change comes from above. Raising the roof and vaulting the ceiling adds beautiful lines overhead, not to mention a fresh, airy feeling the kitchen had been missing. Skylights and gable windows find sunlight the space never enjoyed before, which is especially important for this oft-overcast city. The lofty design makes the room feel much larger, but the only gain in floor space came by bumping the sink wall out 2 feet.

continued on page 84


Contrary to popular belief, beauty
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Sunny Side Up

continued from page 82

Windows and skylights can't keep the kitchen bright around the clock, especially on gloomy days. So Rae designed an extensive lighting plan that would give the room a sunny disposition. Track fixtures, mounted on two collar ties spanning the kitchen, project light onto the island. Recessed cans placed around the room's perimeter project more light downward, while miniature lights installed along the top of the ledge shine up into the vaulted ceiling. Undercabinet fluorescent lighting illuminates countertop work spaces, and a decorative pendant fixture comes down over the table.

White laminate countertops—edged with solid surfacing—capture and "pool" the abundant light. This brightness coaxes out the subtle grain in the honey-finish maple cabinetry and vintage-style pine table. The wood surfaces are also easy on the eye, keeping white from dominating the space. Walls, painted a rich teal to blend into the outside landscape, complement the wood and stone-look floor tile.





Although the double ovens (*left*) are new, the old refrigerator was kept in place and fitted with maple panels to match raised-panel cabinetry.

The island packs an amazing amount of storage and work space into the center of the kitchen (*above*). Four banks of stock cabinets—filled with cupboards and drawers—fit together to make the island.

LIGHT UP YOUR KITCHEN

Even if you're not planning a major remodeling project, you can bring a number of light touches to your kitchen.

- Improve artificial light. Add task lighting below upper cabinets or plan overhead fixtures that direct light onto specific work areas. You can replace cool fluorescent bulbs with newer, warmer bulbs that give a glow closely resembling natural light.
- Maximize outside light. Replace small windows with larger units, swap a solid door for one with glass, or add a small skylight.
- Keep surfaces light. Between walls, floors, cabinets, and countertops, you have plenty of opportunity to create a bright atmosphere. The fewer windows you have, the brighter your choices should be. Keep in mind, however, that you should balance light and dark colors. A rich color on the walls, for instance, will look beautiful next to lighter cabinets and floors.



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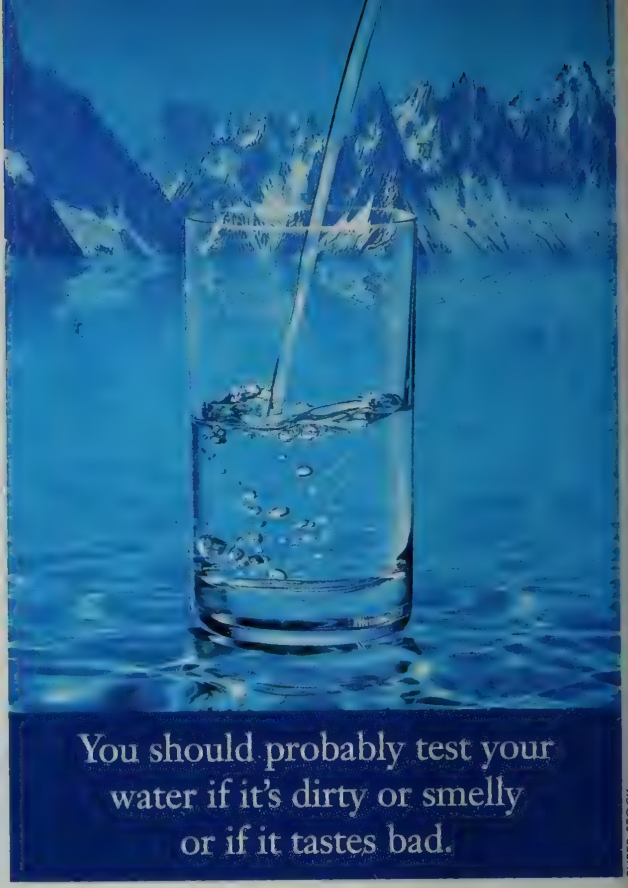
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building

Water Filters: The Clear Facts

Bottled drinking water and water purifiers may have been purely fashion or fitness statements in the 1980s, but for a growing number of Americans, they're now an extra safeguard against water contamination. Although most tap water is safe, advancing technology and highly publicized breakdowns in our water systems—such as the outbreak of cryptosporidium in Wisconsin in 1993 that claimed 104 lives—have made us wary of relying wholly on public utilities for our water needs.



SUPER STOCK

Tap the experts

To judge the safety or purity of the water in your tap, ask your utility for its comprehensive water-quality analysis report. It will detail the contaminants found in your utility's water. Even if your water tastes great and runs clear, remember that it travels a fair distance between the water



filtration plant and your home, so you'll likely want to have your home's water tested by the county sanitarian or an independent lab. (To find a qualified lab, call your county health department.) You also should test your water if it's dirty or smelly, if it tastes bad, if it comes from a well or small water system, or if your home or neighborhood is more than 30 years old (older systems are more prone to lead contamination).

Which filter for you?

Contaminants in any water supply fall into three categories: metals, such as arsenic and chromium; microbiological bacteria, viruses, and spores; and synthetic organic chemicals. If your water is contaminated, you'll have three basic water-filter methods from which to choose:

1. Easy-to-use carafe filters, which run about $20 each, reduce lead and organics and process a half-gallon of water in a few minutes. You simply pour water into the top of the carafe and it moves through a filter into the lower part of the jug. In the long run, a carafe may cost more than an advanced system, because you'll be buying a lot of filters; however, carafes are a good place to start. If you drink lots of water and prefer filtered water for cooking, you may want to buy a more convenient and sophisticated filter system.

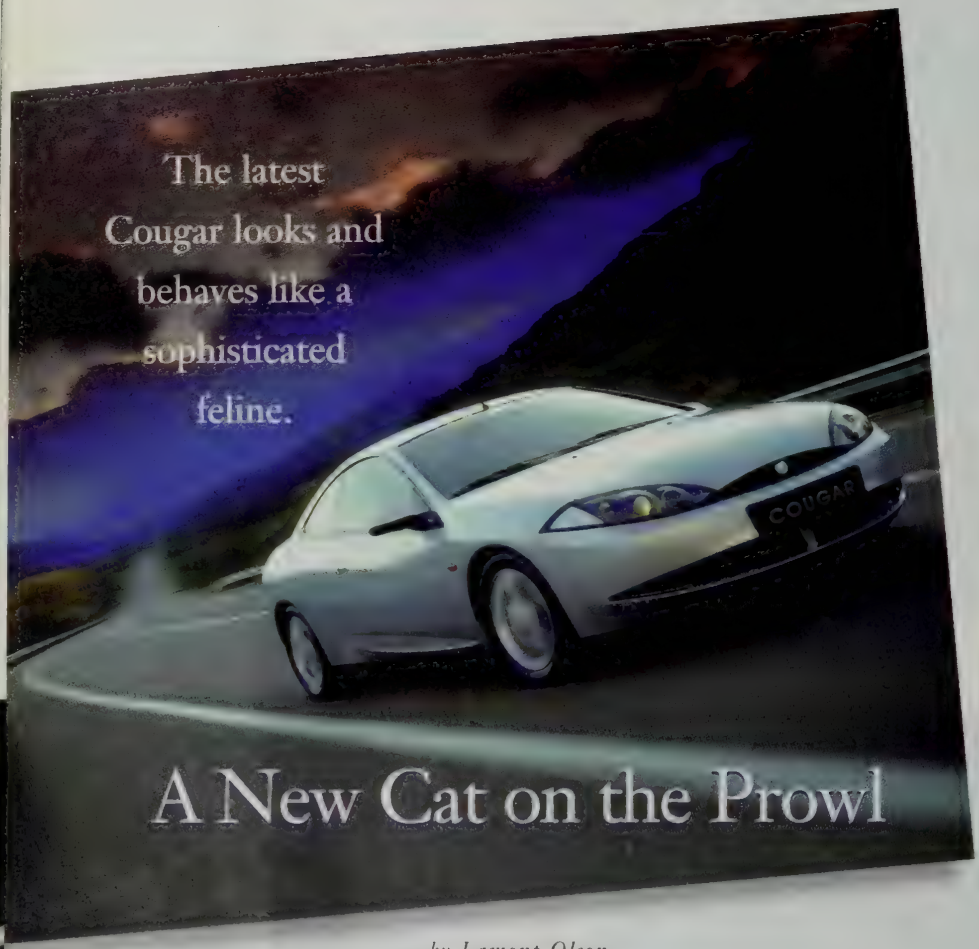
2. Faucet-mounted, countertop, and under-counter units remove sediment, lead, and organics by forcing water through a filter before it reaches your tap. Some filters also remove parasites. Faucet-mounted filters cost about $50, and countertop filters run about $60 to $130. Faucet-mounts process about 100 gallons of water per filter; countertop models process hundreds of gallons. Under-counter filters provide a dedicated drinking-water faucet and run from $50 to $250 each. They process even more water, but should be installed by a pro.

3. Reverse-osmosis (RO) units, which cost from $300 to $1,000, offer the greatest sense of security. RO units force water through a membrane, removing the widest range of pollutants, including nitrate (which other filters can't); organics; and inorganics, including industrial chemicals, lead, and heavy metals. For every purified gallon of water, an RO unit flushes several other gallons as waste. One other drawback to RO units is that they also remove your water's fluoride, so if you have children, check with your dentist about giving them fluoride supplements. ♦

For more information about water testing and filtration, contact the Safe Drinking Water Hotline, U.S. EPA, at 800/426-4791, or the Water Quality Association at 800/749-0234.

Resist the urge to peel your glass.





A New Cat on the Prowl

by Lamont Olson

Cat fanciers will notice more than a hint of their favorite feline in the 1999 Mercury Cougar. Darrell Behmer, chief designer of the new sports coupe, says that his own cat, Mittens, provided inspiration for the car's character. "The look Mittens has when she's ready to pounce—I see that same look in the car," he says. From its cat's-eye headlamps to its athletic stance, this Cougar delivers what its name implies, something the previous one didn't do.

Except for its name, the new Cougar has nothing in common with the old one, a discontinued clone of the aging Ford Thunderbird. The new cat is a front-wheel-drive car based on the Ford Contour/Mercury Mystique chassis, which is well regarded for its sporty handling characteristics.

Before the car was built, Mercury focused its research on women, who buy more than half of the 600,000 coupes sold each year. They said the car's looks are important, but emphasized that they wanted more than just a good-looking car that's "all show, no go." The result is a coupe with performance and handling that enthusiastic drivers will respect.

Handling. Unlike Mittens and most other house cats, the Cougar is easily controlled. Taut, precise steering does exactly what you ask with only small inputs. Firm springs and stabilizer bars keep the car from pitching and diving in corners, and they minimize the likelihood of rear-end spinout, making

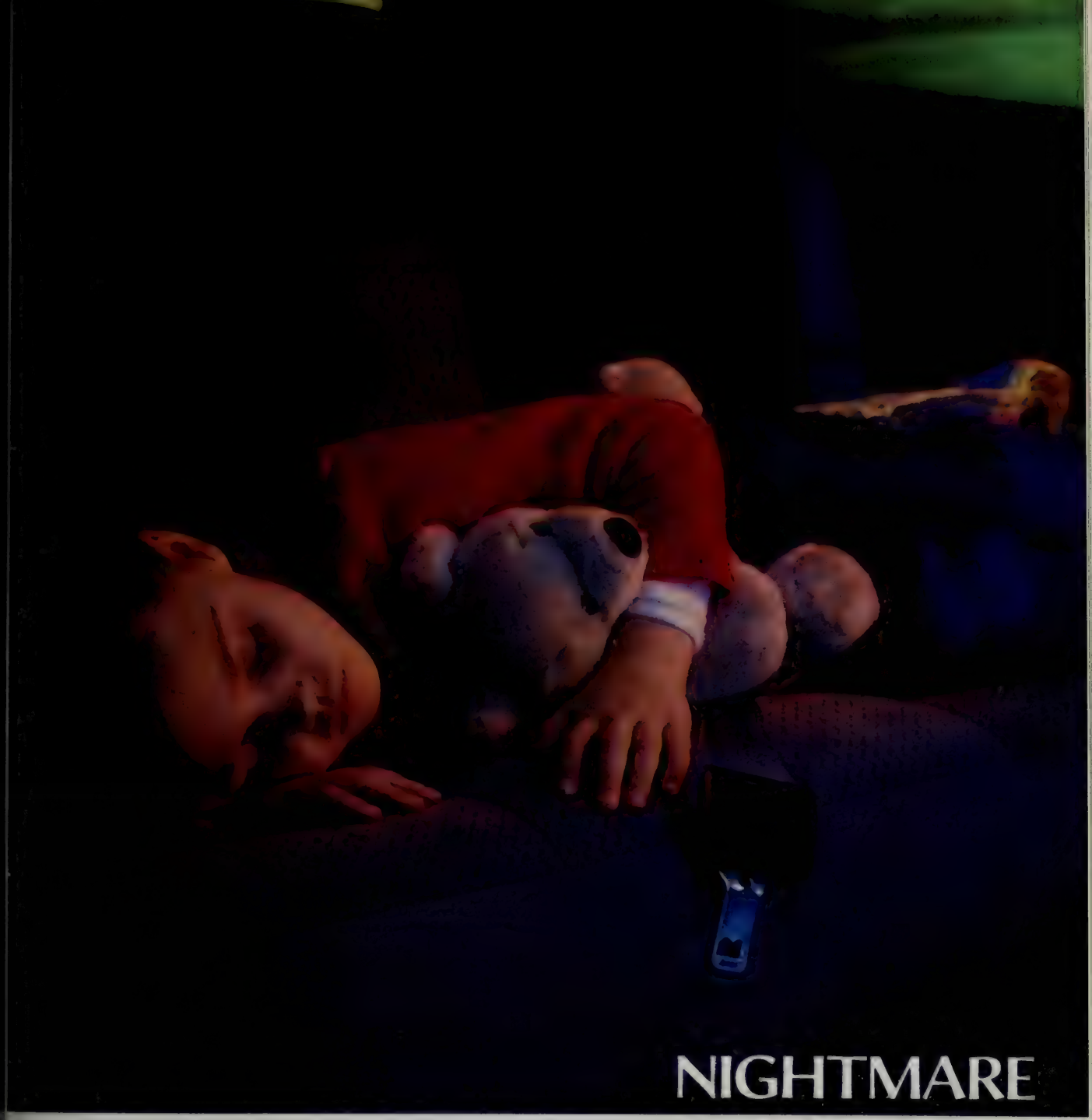
continued on page 91

Toyota minivan earns good grades for safety

Move over, Ford Windstar. Make room for the Toyota Sienna in that exclusive club where only the most crashworthy minivans are allowed. The Sienna becomes just the second minivan to score top ratings on both the federal front-end collision tests and the offset crash tests conducted by the Insurance Institute for Highway Safety. The van, a new design for 1998, earned top five-star ratings for protection of driver and front passenger in the government's 35 mph head-on crash. It also earned a top rating from the insurance institute, which tests vehicles by slamming them not quite head-on into a barrier at 40 mph. The insurance test evaluates the structure of a car, while the government test evaluates how well its restraint systems (seat belts and air bags) work.

E.T. phone home, but not while you're driving

Hang up and drive. That bumper-sticker advice, aimed at cellular phone users who blab while behind the wheel, gets support from the National Highway Traffic Safety Administration. Phones and other wireless devices "are creating potentially hazardous distractions" that need serious study, says agency chief Ricardo Martinez. Crashes linked to driver phone use were blamed for 50 deaths in 1996, researchers report.



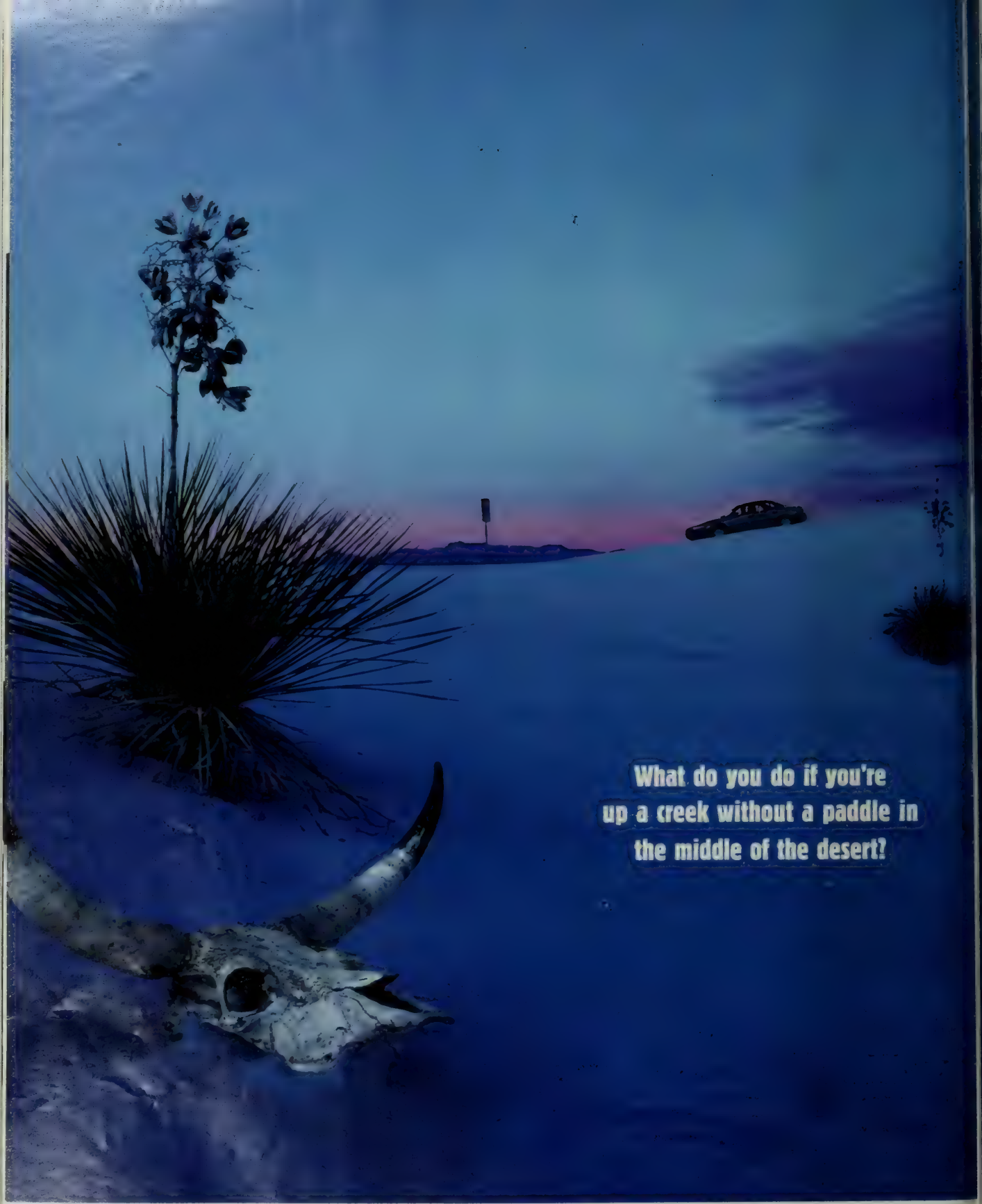
Keep one from happening.

ording to the National Safety Council, crashes kill more than a thousand children every year who ride completely uckled. Millions more are at risk because their safety restraints are used incorrectly. Please make sure that children 12 years and younger are secured snugly and properly *in the back*, in restraints that are appropriate for age and size. Learn more about how to keep your child safe (and reasonably entertained) in "Kids in the Car," free from Shell. You can pick up a copy at your nearest Shell station.



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Your Family Car

continued from page 88



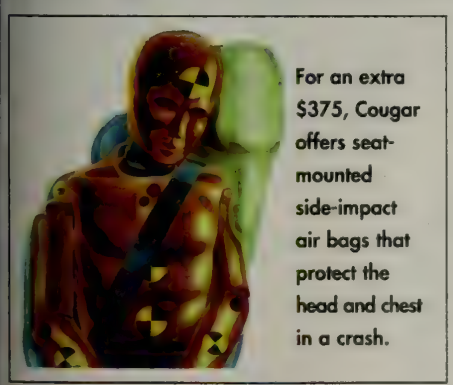
Dial graphics on the instrument panel have a clean, technical look.

accident avoidance maneuvers safer.

Convenience. The car is a hatchback with 50/50 split rear seats that can be folded down for more luggage space. Sport-type front seats with power height adjustment are standard—this is not one of those sporty cars that's uncomfortable to drive to the grocery store. A trip computer and heated mirrors are also standard, two nice surprises on a car in this price range.

How Much? The base price of $16,595 (including delivery) buys a four-cylinder, 125-horsepower engine with five-speed manual transmission. A zippier, 170-horsepower V-6 model costs $18,495, including antilock brakes and traction control. Add $815 for an automatic transmission. For comparison shoppers, the competition includes the Mitsubishi Eclipse, Chrysler Sebring, Saturn SC2, Dodge Avenger, Honda Prelude, and Pontiac Grand Prix coupe.

Safety. Cougar is the first vehicle from Ford with side air bags to protect the head and chest. They're a $375 option. But even without these air bags, the car has been engineered to meet federal side-impact crash test requirements.



For an extra $375, Cougar offers seat-mounted side-impact air bags that protect the head and chest in a crash.

The front air bags are the gentler second-generation type that emerge with less force to reduce injuries. Optional antilock brakes have an enhancement called electronic brake-force distribution, designed to improve the automatic balancing of the brakes for quicker stops. The safety system also includes wear sensors that trigger a warning light when the brakes need repair.

Drawbacks. If you have a big family to haul about, this car probably won't be your first choice. And as with any coupe, getting in and out of the back seat is a mild challenge. To offset this, Cougar offers wide doors and tip-forward front seats with mechanical return-to-position memory. Back seat passengers more than 6 feet tall will be short on headroom because the sleek, arcing roofline drops more than 3 inches from the front seat. The rear head restraints are too short to offer much protection for taller passengers.

Back on the positive side, this four-passenger coupe is aimed at buyers who want head-turning looks in a fun-to-drive car. "With the popularity of trucks and sport/utility vehicles," says designer Behmer, "Our job is to build something enticing to get people back into cars." Mercury hopes that its agile new Cougar is enticing enough to make 50,000 drivers call this The Year of the Cat.

The crash test dummies take a beating

Compact two-door cars from several manufacturers show a consistent lack of driver protection in recent side-impact crash tests. The National Highway Transportation Safety Administration results show that five out of seven small coupes managed only a one-star rating, lowest on the scale of one to five. One star means serious or life-threatening injury is almost certain. None of the seven has side air bags.

In the tests, a moving barrier is angled into the side of a car at 38.5 mph to simulate a typical intersection collision between two vehicles. Instruments measure the impact on dummies in the driver's seat and in the rear seat behind the driver.

The cars protected rear passenger slightly better than driver. ⌂

1998 Light Passenger Cars
(2,000–2,499 lbs.)

MAKE & MODEL	Side Crash Ratings	
	Driver	Rear Passenger
Honda Civic 2-door coupe	★★	★★★
Toyota Tercel 2-door coupe	★★★	★★★★

1998 Compact Cars
(2,500–2,999 lbs.)

Chevrolet Cavalier 2-door coupe	★	★★
Eagle Talon 2-door hatchback	★	No Data
Ford Escort ZX2 2-door coupe	★	★★★★
Mitsubishi Eclipse 2-door hatchback	★	No Data
Pontiac Sunfire 2-door coupe	★	★★

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- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodeling
- Interiors
- Additions
- Whole-House
- Restorations

Category II – Decorating

(Solely cosmetic changes to your home's interior. Awards for First, Second and Third Place projects.)

- Special Spaces: Child's room, home office, porch, and sunroom
- Public Rooms: Living room, family room, kitchen/great room, formal and informal dining area, and entryway
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Twelve awards given in each of the eight divisions:

Class A: $ 1,500
Class B: $ 750
Class C: $ 300

Three merit winners in each class: $100
(Projects are classed by the scope of the effort.)

Category II – Decorating

Three awards in each of the four divisions:

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We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1998 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited.

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How to Enter

1 RIGHT NOW: Complete and mail the preliminary entry blank, below, or a photocopy, by November 2, 1998. We'll send you complete details and entry materials, along with our official entry form.

2 WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, before and after photos, and receipts that could make your project a winner.) All final entries must be postmarked by February 1, 1999.

3 THE WINNERS: Better Homes and Ga will select its winners on or about June 1, 19 will notify winners by mail and publish a selec the top winners in upcoming issues.

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PRELIMINARY ENTRY BLANK MUST BE POSTMARKED NO LATER THAN NOVEMBER 2, 1998

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- ❑ 1. Exterior Fix-Ups
- ❑ 2. Outdoor Improvements
- ❑ 3. Kitchen Shape-Ups
- ❑ 4. Bathroom Remodeling
- ❑ 5. Interiors
- ❑ 6. Additions
- ❑ 7. Whole-House
- ❑ 8. Restorations

DECORATING CATEGORY

- ❑ 9. Special Spaces: Child's room, home office, porch, and sunroom
- ❑ 10. Public Rooms: Living room, family room, kitchen/great room, formal and informal dining area, and entryway
- ❑ 11. Private Rooms: Master bedroom, master bath, guest room, and bathroom
- ❑ 12. Whole House Redecorating: Cosmetic changes to most of the major rooms in the house

Name _____

Address _____

City _____

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Allow six weeks for delivery of final entry packet. The $3.00 S&H charge is waived for residents of AZ, MD, ND, and VT.

Please do not send photos or project plans with preliminary entry form. Send only one preliminary blank per family. See page 250 for complete rul



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Northern Exposure

The design phase of building a new home offers an easy opportunity to plan for energy savings before you start construction. One way to save is deliberate orientation of large windows and glass doors.

In cold climates, put the largest windows on the south side of the house. Warm sun will shine through them during the day, and your furnace won't have to work as hard to maintain a comfortable temperature. Using heat from the sun can cut your energy costs by 10 to 20 percent.

If you live in a warm climate, however, south-facing windows will work against you as the sun heats up the spaces you're trying to keep cool. Plan your project to minimize the number of large windows that face south, and specify energy-efficient windows that reduce heat transfer. Taking these measures will cut the amount of air conditioning you need, and that means you'll be able to buy a smaller air-conditioning unit.





Allergy-Free Vacuuming

Vacuuming is one of the most common household chores, and it's also a big contributor to temporary indoor air pollution. The same particles that you're trying to suck up may be sent sailing into the air where they can float for several hours. This happens because many particles are too small to be trapped by the vacuum bag—escaping instead with the appliance's exhaust air. There are a number of things you can do to avoid this.

One is to give your current vacuum cleaner a tune-up. Start by replacing the standard bag with a high-filtration multilayered bag. These are available for most recent vacuum models, and you'll find them where vacuum cleaners and accessories are sold. To further prevent small particles from escaping, you can buy a filter designed to cover the appliance's air exhaust.

If you suffer from severe allergies to airborne dust or pet dander, or if you're getting ready to replace your old vacuum cleaner, take the sneezing out of cleaning day by buying a new allergen-trapping model. The most effective units have built-in high-efficiency particulate-arresting (HEPA) filters that will trap particles 300 times smaller than a human hair. Sold by most major manufacturers, these allergen-trapping machines usually cost between $100 and $300. Some brands, however, cost as much as $800.

Finally, take care to avoid stirring up dust before you vacuum. Use your vacuum cleaner's "dusting wand" instead of a feather duster.

EPA Web Site Walk-Through

The Internet site for the Environmental Protection Agency is one of the most comprehensive resources available for information about the environment, featuring everything from children's games to the latest scientific research. You'll find household tips for conserving energy and water, lessons for students and teachers, and the agency's latest news and events. If your pursuits are more specific, the site is linked to thousands of technical documents and volumes of research. Looking for a way to act locally? Just punch in your zip code and you'll be directed to information about environmental concerns near your home. If you can't find the information you're looking for, you can call the clearinghouses and hot lines listed by the site. You'll find the agency's site at *www.epa.gov.*



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Mediate, Don't Litigate

by Jane Schorer Meisner

In the seven years since their divorce, Mark and Mary Abbott have been to court three times battling over child support and parental visitation. Finally, they have agreed on one thing: Facing off as adversaries was a poor way to put a marriage asunder.



Besides costing thousands of dollars for each party, the legal process has been emotionally exhausting and time consuming. And neither parent has been entirely satisfied with the court-ordered resolutions.

"There's got to be a better way," says 43-year-old Abbott (not his real name). "From now on, if we have a conflict relating to the parenting of our daughter, we're turning to a mediator instead of a judge."

With mediation, two (or more) people who are disputing get together with a neutral third person—the mediator—to try to solve their problems, explains author Peter Lovenheim in his book, *How to Mediate Your Dispute.*

The mediator, trained in conflict resolution, helps disputing couples evaluate their goals and options in order to find a solution agreeable to both. Unlike a judge or an arbitrator, the mediator doesn't make decisions.

Many state courts, faced with woefully overloaded dockets, now encourage mediation. Some courts even mandate it.

"Effective July 1, 1997, divorcing couples in Minnesota cannot bring any issues about their marriage dissolution into court for a court decision until they have tried every other means to resolve them," says Elizabeth B. Johnson, an Austin, Minnesota, clergywoman and counselor. As one of the organizers of Cooperative Solutions, Inc., a network of five family and civil mediation centers, she is enthusiastic about out-of-court alternatives.

"The entire nation has gone way too far with aggression and fighting when there's a disagreement about anything, and labeling the other person as the enemy," Johnson says.

Consider the kids

"There's a lot of momentum toward mediation around the country," agrees William J. Howe III, a Portland attorney and chairman of Oregon's Task Force on Family Law. "In Oregon, the most experienced family-law lawyers just didn't like what the legal process was doing to people, particularly the children."

His task force began in 1993 to investigate the methods used in

continued on page 98



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Mediate

continued from page 96

Australia, Canada, Denmark, and other countries known for advanced family-law systems. As a result, one of the task force's recommendations was increased use of mediation in cases of divorce involving kids.

Experts agree that divorce's impact on children can be lessened when parents work through conflicts by using mediation instead of tangling as courtroom adversaries.

"Some attorneys and judges involved in the divorce process have sent the message that people don't need to cooperate with each other," Johnson says. "Fathers—and sometimes mothers—have been shoved out the door and told that it's OK to walk away from the problems of divorce, including their future responsibilities as parents."

Mediation saves relationships

Those divisive methods have taken a huge toll on families. However, requiring mediation demonstrates to divorce participants that there are still expectations of the two of them, especially when kids are involved. "You're not really getting rid of this person you're having trouble with," Johnson says.

Ask Mark Abbott. "My ex-wife and I need to talk more than ever," he says. "We need to discuss our 13-year-old daughter's clothes, schoolwork, dental visits, activities, religious education, college plans—the list goes on and on."

Being cooperative as parents after the end of a marriage is not easy, Howe acknowledges. "But if you take those people through an adversarial system—where the objective is to tear down the other party—you destroy any reservoir of trust and good feeling."

Successful mediation, on the other hand, decreases the potential for hard feelings and increases chances that the parties can maintain an ongoing relationship, and that benefits the kids, says Howe.

Marilyn S. McKnight, co-owner with her husband, Stephen K. Erickson, of the 20-year-old Erickson Mediation Institute in Minneapolis, agrees. "The major advantage is that the mediation process has the two parents taking responsibility for the decisions as to how they are going to operate in the future," says McKnight, whose office may handle more than 200 divorce cases a year.

But mediation isn't only for divorcing couples. Disputes between relatives, neighbors, landlords and tenants, debtors and creditors, and employers and employees may also be candidates for mediation.

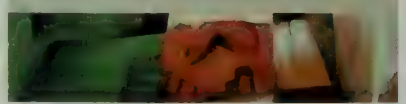
Trained mediators are increasingly listed in telephone directories under "mediation services" headings, or can be referred by lawyers or counselors. The Academy of Family Mediators, located in Lexington, Massachusetts, also provides referral listings of qualified mediators. For information, call the academy at 800/292-4236, or visit its Internet site at *www.mediators.org*.



WHEN TO MEDIATE

It may be time to mediate if you have tried without success to settle the dispute by talking directly with the other side, and if you have enough information about your case to know what you would like the settlement to be, says Peter Lovenheim, author of *How to Mediate Your Dispute*. Mediation may be desirable in cases when:

- The law cannot provide the remedy you want—often the case in disputes between family members or neighbors.
- You want to end a problem, not a relationship. Face it, Lovenheim says, filing a lawsuit is almost always a hostile act.
- Your dispute is no one else's business—and you want to keep it that way.
- Minimizing costs are important—it's almost always less costly than lawyer fees.
- You want to settle your dispute promptly. Civil cases often take months (or years) to come to trial.
- You are having difficulty initiating negotiations, or you lack negotiating skills. Mediation will prevent either party from being intimidated or manipulated.



How to resolve conflicts

Paul Wahrhaftig, president of Conflict Resolution Center International, Inc., in Pittsburgh, says basic conflict management can be applied to most everyone's daily life. "All good conflict work is based on the importance of listening," he says. "Listen to the other person, and also listen to yourself."

Wahrhaftig suggests these basic steps in resolving conflicts:

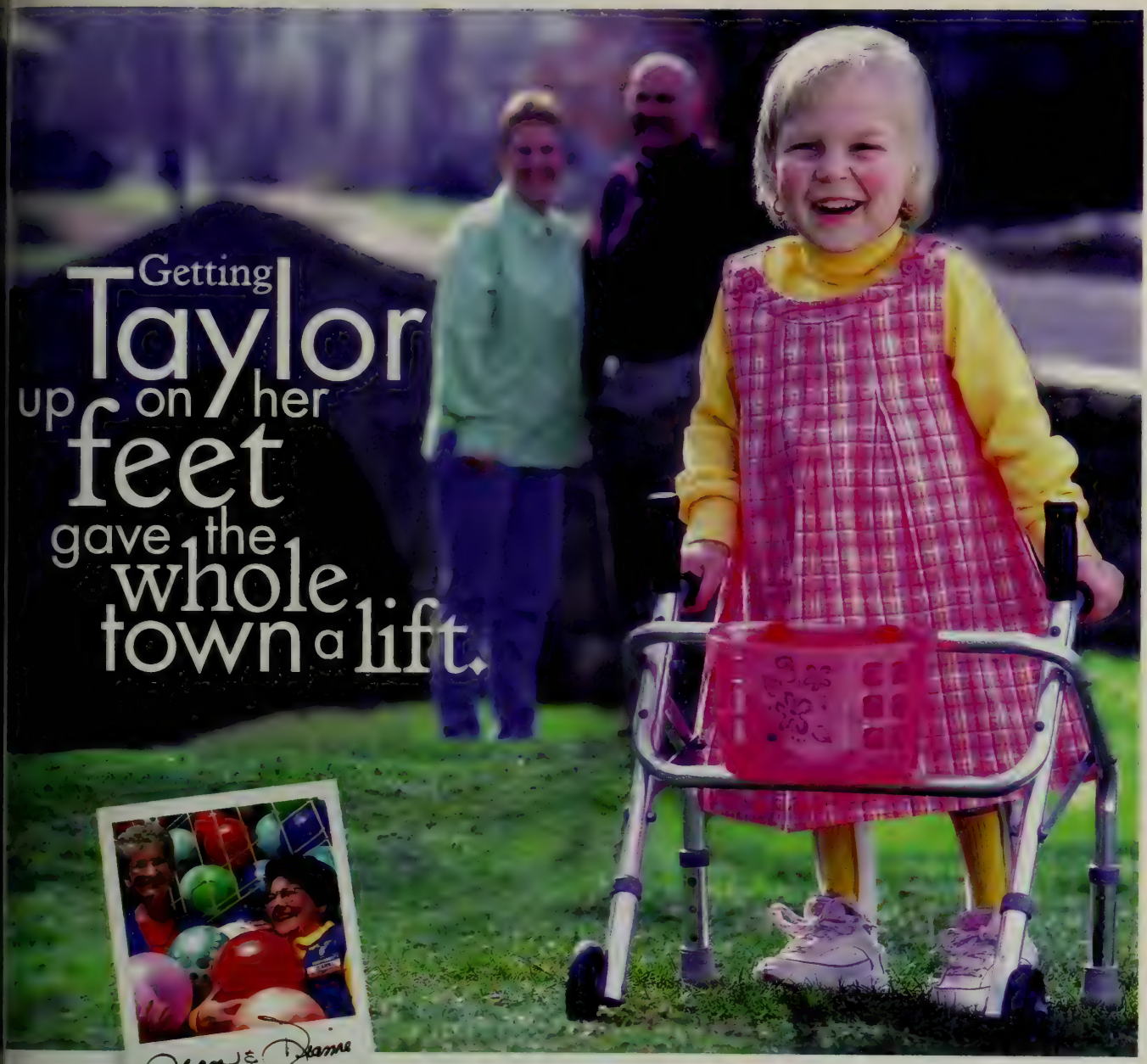
Air the problem. Listen to everyone involved. Find out their feelings, what they want, and why. Then, tell your side. Say how you feel, what you want, and why.

Clarify the problem. Combine everyone's needs (the whys) into a statement using neutral language and focusing on the future. Start with, "How can we...?" For example, "How can we arrange the room so you will have fresh air and my papers will not blow away?"

Brainstorm solutions. Together, the disputing parties think up as many solutions as possible to the problem just stated. Postpone criticism of these suggestions until you have listed them all. Finally, eliminate the nonworkable ideas and choose the ones that meet the most needs.

McKnight adds that participants need to attack problems, not people. There should be no winners and no losers, just solutions. Remember, too, that conflict between human beings is normal and natural—and sometimes a positive occurrence.

"It helps us recognize our differences and accept differences among people," says McKnight. "We have to have conflict; that's how we grow. If we didn't have conflict, we'd have a very boring world."



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How to Avoid Tuition Trauma



by S.P. Dinnen

Making plans now will help you avoid shouldering all college tuition costs later. That means finding multiple sources, such as scholarships, grants, loans, and work-study programs.

Regis University isn't in the habit of giving away diplomas. But for any of its 2,000 undergraduate students who are willing, the Denver-based university promises them an on-campus job with pay of up to $2,400 a year that they can use to offset living expenses or tuition.

With a year at a public college hovering at $8,000, and at $20,000 or more for some private schools, it pays to apply for work-study programs and other available assistance.

Your first order of business is to apply for financial aid at colleges to which your child has been accepted. To do this you must file a Free Application for Federal Student Aid (FAFSA). This is the all-important disclosure of your personal finances that everyone—schools, lenders, the government—will want to see.

Joseph Heuston, the director of financial aid at California State University, Fresno, says all families should fill out a FAFSA, even if their income is high. The form may trigger other types of help that aren't tied to income levels. Get it from your high school or college, or call the Federal Student Aid Information Center, 800/433-3243.

Pursue traditional sources

Covering all college costs often requires a blend of sources. In addition to work-study programs, there are a number of grants, loans, and scholarships available. Grants (like scholarships) are best because they don't have to be repaid. The two most popular federal programs are the Pell Grant and the Supplemental Educational Opportunity Grant, or SEOG. These school-administered grants are awarded by financial need, with application deadlines ranging from January to March.

Between state and federal government programs, virtually everyone can qualify for a college loan, regardless of income. Stafford loans go to students, while parents take out PLUS loans. Applications for either type of loan are made through the college or a lender of your choosing, and the federal government stands behind the loan.

Look locally

In addition to traditional sources, search for other types of funding that are often overlooked.

continued on page 102



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Tuition Trauma

continued from page 100

For example, tuition money is regularly given away by local civic groups, churches, even merchants. Often these awards hinge on the student's community involvement, and not just academic achievements.

More and more, philanthropists are setting up scholarships but handing over the administrative tasks to community foundations. The Pittsburgh Foundation, for example, works to improve social welfare, the arts, and culture in and around Pittsburgh. But it also is in charge of annually disbursing $700,000 to students from Pittsburgh and surrounding communities, or for students heading to Pittsburgh area colleges.

Finding these sources may require some detective work on the parents' or students' parts. Call local civic and fraternal organizations, the local Chamber of Commerce, as well as school counselors to ask if they're aware of local scholarship funds.

Ask your boss

Workplace scholarships are usually tied to high grades or a competition. But some employers are more liberal. For example, new union contracts at Ford Motor Co., General Motors Corp., and Chrysler Corp. have made available $1,000 yearly grants to college-bound children of more than half a million workers or retirees. There's neither an income nor scholastic test.

Use the Internet

You can scout for financial aid and, in many cases, apply for it on the Internet. A company called fastweb, located at *www.fastweb.com*, will do a lot of the heavy lifting for you—and it's free. The service has compiled 275,000 scholarships, and after you fill out an online form, you will be matched with money sources.

Through fastweb, Shanesha White, of Brooklyn, New York, applied to a foundation that awarded her $2,000 to study at Tufts University in Massachusetts.



New tax laws offset expenses

Help is on the way with fresh new tax deductions, tax credits, and incentives to invest money specifically for college.

Credits are the best, since they mean direct reductions of your income tax bill. All of the credits have some sort of income phaseout limit so you get less tax help as your income rises. Here's a rundown on the new laws:

Hope Scholarship Credit. Starting this year, you can claim as much as a $1,500 credit annually for the first two years of post-secondary education for a dependent. It applies only to tuition and fees.

Lifetime Learning Credit. This picks up where Hope leaves off and gives taxpayers a credit of 20 percent of the first $5,000 of tuition and fees (up to $1,000). Unlike Hope, it doesn't lapse after two years. This credit takes effect June 30.

Education IRAs. You can contribute up to $500 yearly to one of these Individual Retirement Accounts and use the contributions, along with any gains from their investments, to pay for college. Your contributions aren't tax-deductible, but the earnings are tax-free.

Student loan interest deduction. Also starting this year, you can deduct up to $1,000 yearly in interest paid on the first 60 months of student loans. This limit rises yearly to $2,500 in 2001.

If you claim one of these tax breaks in a tax year, you generally can't claim the other. But if you have two kids in college, you could claim the Hope for one and the Lifetime for the other, if they qualify.

Check with a tax professional for more information on credits and deductions.

Market your talent

If your child is a photographer and interested in a work-study program, for instance, let the college public relations department know that he or she has a skill the college could use. That's the advice of Sam Speck, president of Muskingum College in New Concord, Ohio.

Speck says colleges usually learn of a student's talents via their high school record. But what happens if the student started a garage band and became an accomplished musician, something that doesn't show up on the transcript? He suggests arranging a meeting with a music professor at the school that interests you.

"Make sure that department heads know about the student's skills" so they can be scholarship and work-study advocates for you, Speck says.

Read the scholarship fine print

If your child is lucky enough to score a big scholarship, congratulations. Now, check the fine print. Many awards are made on an annual basis and renew only if a certain grade point is maintained. What happens if the student stumbles one semester? Also, is the scholarship automatically renewed? Is it for a specific dollar amount, or will it increase to match the escalating rate of tuition?

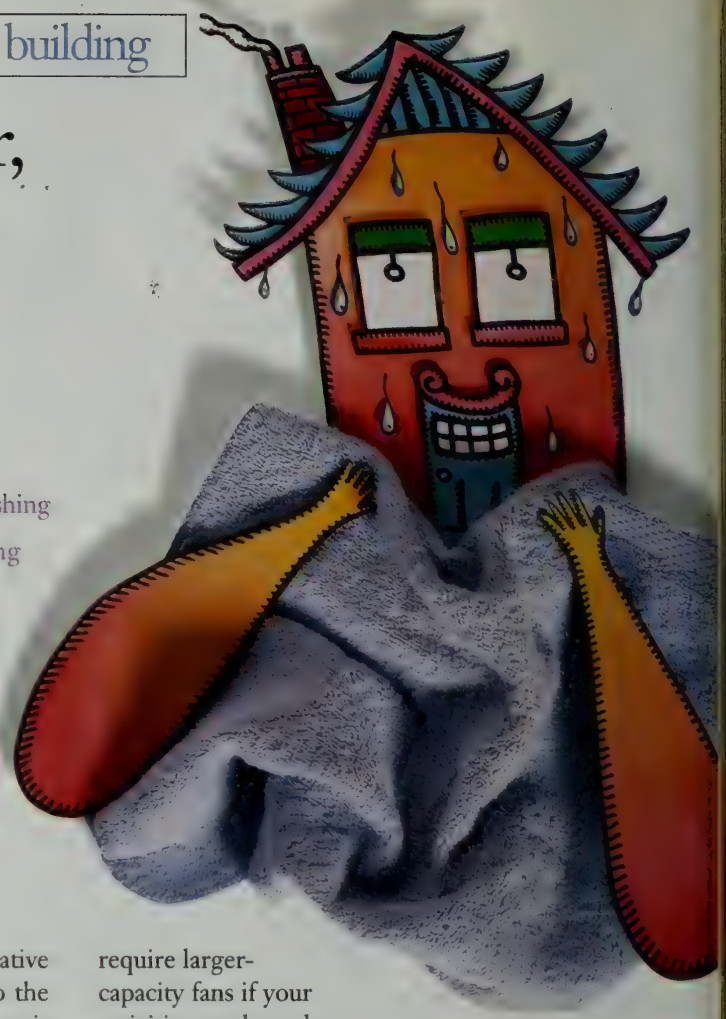
Pay through installments

And finally, if it comes down to paying your own cash, consider one of several organizations that will enable you to pay tuition in interest-free monthly installments.

One such company is Academic Management Services of Swansea, Massachusetts. Instead of writing one big check each semester, you spread out the cost over six to 12 months. You send payments to the company and it deals with the college. Services generally charge $50 to set up the account. Call 800/635-0120. Also, many colleges offer their own installment plans.


The perfect snack is easier to find than the perfect sunglasses.
Take a tip from Stephanie Jorden. Collector of sunglasses and Handi-Snacks Kid. Whether you're on the go like she is, searching for that elusive perfect pair of sunglasses, you need a snack that can tag along like the very portable Handi-Snacks Cheez'n Breadsticks. And because they're made with real cheese, as she is gladly pointing out, they're more irresistible than a close-out sale at the Sun Glass Shack. So many sunglasses, so little time.
Handi-Snacks Kids
Handi-Snacks
Cheez'n Breadsticks
You gotta hand it to 'em.
©Kraft Foods, Inc.

10 Steps to a Drier, Healthier House



by Shawn Gilliam

Normal activities such as cooking, bathing, washing clothes—even breathing—can lead to damaging moisture buildup in your house. If left too long, excess dampness can produce mold-stained wallboard, water-soaked insulation, or rotten wood framing that needs replacing. Follow a moisture elimination program—from the bathrooms to the basement—and you'll be on your way to a drier, more comfortable home.

Your house suffers from excess moisture if its relative humidity—the percentage of water vapor relative to the maximum possible amount at the same temperature—is 50 percent or higher. This could mean that condensation puddles on windows, black mildew speckles walls and ceilings, or mold looms large in a closet. Sometimes moisture damage isn't as noticeable. For instance, moisture buildup in the walls can dampen insulation and rot wood framing.

Tightly built new homes are especially prone to excess moisture. Plastic vapor barriers prevent air leaks to save energy consumption, but barriers also keep moisture from escaping. Older homes often don't have severe moisture problems because they allow moisture to pass through cracks and openings.

Here are 10 ways to dry out your house. Perhaps it will take two or three of these steps to get rid of the moisture. Or, maybe you'll need to go through the whole list.

1. Crack open a window to allow moist air to escape. In the basement, try opening windows on opposite walls to create a cross breeze. If basement windows are too small or low to catch a breeze, place a fan (facing outside) in one of the openings.

2. Turn down your humidifier or stop using it. These appliances, used in many regions during the winter, are a source of potentially damaging water evaporation.

3. Use exhaust fans in the kitchen and bath. Make sure fans are properly sized for your rooms to adequately remove moist air. In the bath, a fan should provide eight air changes per hour; in the kitchen, 15. Your family may require larger-capacity fans if your activities produce above-average moisture—cooking large meals or taking longer, more frequent showers, for example.

4. Install a whole-house air-to-air heat exchanger, which brings fresh air inside as it exhausts stale, moist air outside. This appliance is ideal for a newer, airtight home.

5. Outfit your furnace with a fresh air return to bring air inside when moisture levels get too high.

6. Make sure ground moisture doesn't enter your home's basement through the foundation. If it does seep in, you have two ways to eliminate it: Use an air exchanger or use a dehumidifier hooked up to a sump pump.

7. Cover basement sumps so moisture isn't produced as water evaporates. If your laundry room is in the basement, make sure your clothes dryer is vented to the outside to get rid of moisture, and don't let water stand in tubs.

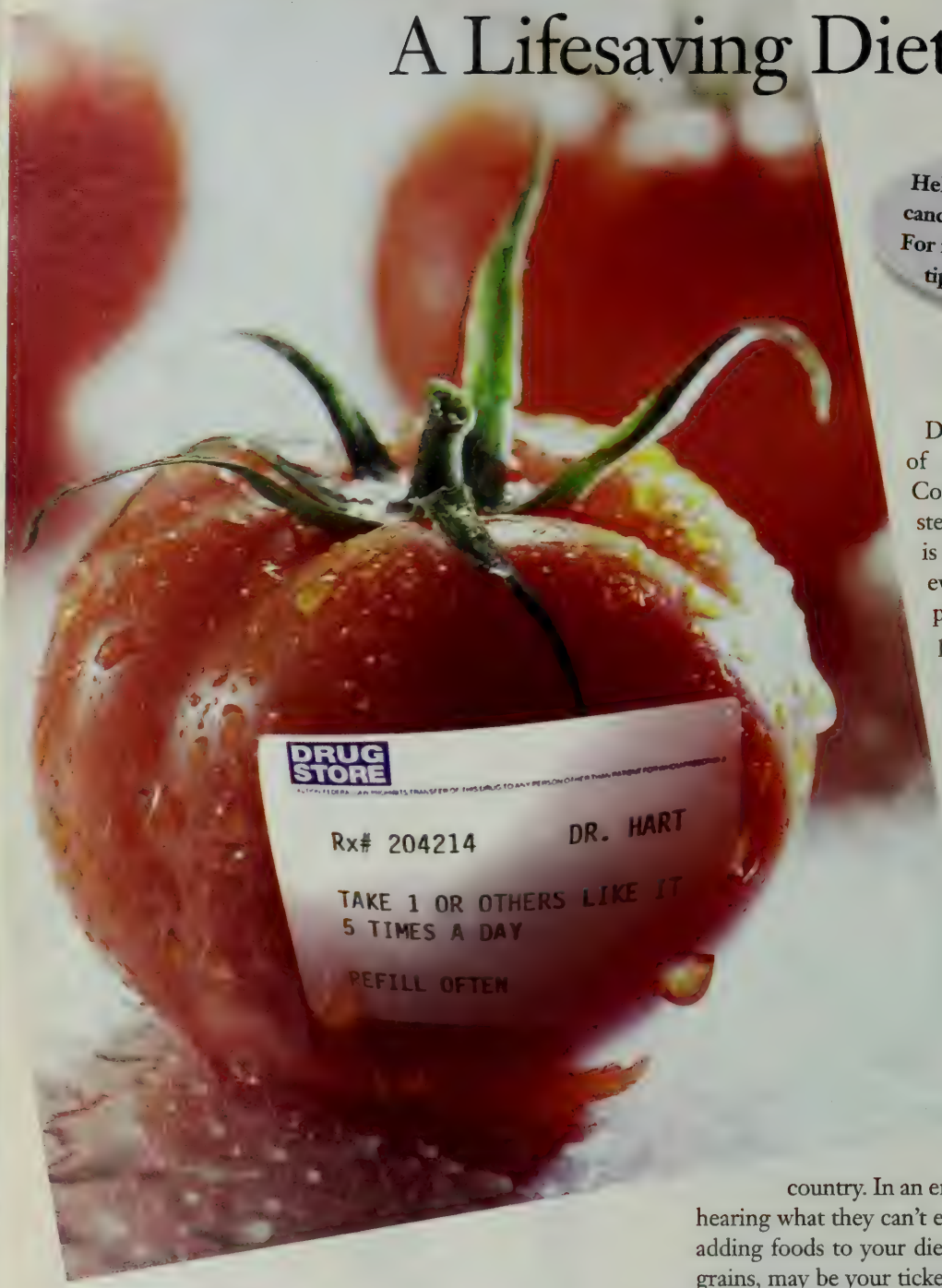
8. See that your attic is equipped with adequate vents. A moist attic means moist insulation, and moist insulation is less effective. Moisture will also rot wood, cause mildew, and trigger formation of water stains on the ceiling.

9. To prevent mold and mildew from forming inside a closet, ensure clothes are dry before storing them. Outfit closets with louvered doors to provide air circulation.

10. To promote air circulation, you may want to replace solid doors with louvered ones throughout your home. The door to the basement may especially benefit, allowing moist air to escape upstairs and outside. ⌂


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A Lifesaving Diet



Help prevent up to 10 cancers by eating right. For menus and grocery tips, see *page 114*.

by Jeanine Barone

A couple of years ago, Mark Folsom made the switch. The 47-year-old mechanical engineer from Carmel, California, turned his back on a fat-laden, meat-centered diet. His motivation? A strong family history of cancer. His mom died of colon cancer, and within a year, his dad died of prostate cancer.

"I know there's a strong link between prostate and colon cancers and a diet rich in animal products that lacks fiber. I believe I've reduced my risk by eating this way," Mark says.

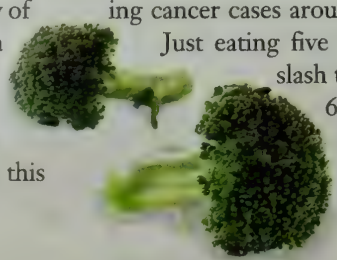
Dr. T. Colin Campbell, professor of nutritional biochemistry at Cornell University, would go one step further: "The plant-based diet is a sure thing," he says. "In fact, every cancer can be delayed or prevented to some extent by a plant-based diet."

In 1997, 1.4 million Americans were diagnosed with invasive cancer, and more than 500,000 died from it, according to the American Cancer Society. The organs hardest hit are the lungs, colon/rectum, breast, and prostate—together accounting for more than half of all cancer deaths in this country.

The numbers are quite sobering, but there's still reason for optimism: There are potent anti-cancer weapons sitting in every grocery store in this country. In an era when many people are tired of hearing what they can't eat, it's great to know that simply adding foods to your diet, such as fruits, vegetables, and grains, may be your ticket to preventing cancer.

Taking aim at cancer. A recent report by the American Institute for Cancer Research (AICR) and the World Cancer Research Fund concluded that a plant-based diet (combined with exercise and a healthy body weight) can have a dramatic impact on cancer risk, reducing cancer cases around the world by 30 to 40 percent. Just eating five fruits and vegetables a day could slash the risk by at least 20 percent. The 650-page report was prepared by dozens of cancer experts after reviewing 4,500 scientific studies

continued on page 108



When considering menopause and the consequences of its associated estrogen loss, consider the entire body of evidence.

Brain: In the past 10 years, research has explored questions surrounding the consequences of menopause and cognitive functioning, memory, and Alzheimer's disease.

Uncomfortable symptoms: For over 50 years, it's been known that estrogen loss associated with menopause causes the hot flashes and night sweats that often influence mood and sleep.

Sexuality: Half a century of study has confirmed that estrogen loss causes vaginal thinning and dryness and increases the frequency of vaginal infections, which can be uncomfortable and interfere with intimacy.



Eyes: Ongoing research continues to investigate cataracts in postmenopausal women, as well as age-related macular degeneration, the leading cause of blindness in the aging population.

Teeth: Research continues to explore the association between tooth loss and menopause.

Heart: Since the 1950s, large-scale clinical trials have researched cardiovascular disease in postmenopausal women, looking at cholesterol, heart attacks, and death.

Bone: Decades of research have proven that estrogen loss decreases bone mineral density and increases the risk of fractures from osteoporosis.

Colon: Ongoing research continues to explore the risk of colon cancer among women after menopause.

Today, we know more than ever about the consequences of estrogen loss during and after menopause, and the effect it has on your entire body. So-called "selective" or "designer" estrogens may not impact a number of health issues associated with menopause. Talk to your doctor, because problems resulting from estrogen loss aren't always selective.

This message is sponsored by the Wyeth-Ayerst Women's Health Research Institute, devoted exclusively to the discovery and development of medicines that help women live healthier lives.

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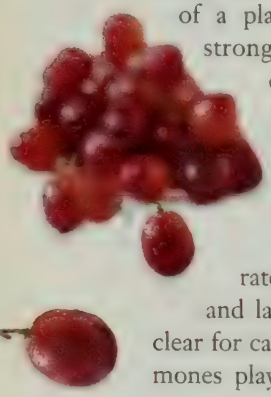
Lifesaving Diet

continued from page 106

on diet and cancer.

Their conclusions are hardly new, however. These guidelines reinforce efforts by the National Cancer Institute (NCI), American Cancer Society, and U.S. Department of Agriculture over the past 30 years, says Dr. Steven Clinton, clinical associate of genitourinary cancer at the Dana Farber Cancer Institute. For example, in 1992, noted cancer researcher Gladys Block, formerly of the NCI, reviewed more than 200 studies and found that fruits and vegetables were associated with a reduced risk of almost every type of cancer. Cancer prevention is what the national program to get people to eat five servings of fruits and vegetables a day is all about.

Plant foods seem to defend against certain cancers more than others. The evidence supporting the value of a plant-based diet is strongest for cancers of the digestive system (mouth, esophagus, stomach, colon, and rectum) and respiratory system (lungs and larynx), but is less clear for cancers where hormones play a role, such as cancers in the breast and prostate. Plants' protective effect on other cancers, such as kidney and thyroid, is possible, but also still unclear. Nonetheless, if you add weight maintenance and exercise to a plant-based diet, your risk could be reduced for at least 10 cancers.



Many studies find twice the risk of cancer in people who eat few fruits and vegetables compared with those who eat a plant-rich diet. Phyllis Bowen, associate director of the Functional Foods for Health research project at the University of Illinois, explains it this way: If eating fruits and vegetables can cut the cancer rate in half, then half of the people who have died of cancer could have survived.



Missing the message. The message to eat your veggies has been relayed for decades, so why aren't more of us doing it?

Most people mistakenly believe dietary changes are too difficult, too expensive, and too time consuming, says Karen Collins, a nutrition consultant at the AICR.

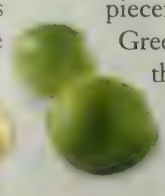
Mark Folsom whips up quick and easy recipes that hardly require a degree in the culinary arts. Some of his favorites: vegetable chili with corn and peppers, bean burritos with onions and brown rice, and fresh veggie pizzas with garlic salsa.

> Even if your genes are stacked against you, the anticancer benefits of fruits and vegetables can still be quite potent.

Only 32 percent of the population eats at least five fruits and vegetables a day. Yet, Americans seem to have no trouble knowing they should cut back on fat.

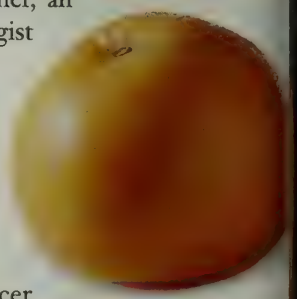
"I think there's been a neglect of attention to vegetables and fruits in nutrition messages," says Dr. Peter Greenwald, acting director of the NCI's cancer prevention division.

Health educators have sometimes released dietary information in piecemeal fashion, Dr. Greenwald says. For instance, there was much talk about cutting fat from our diets in the 1970s, and in the 1980s the message was to add more fiber.



"I don't think most people, including health professionals, realize that fruits and vegetables can make such a big impact on reducing cancer risk," says Collins.

Sure, a high-fat diet can increase cancer risk, at least as far as some cancers are concerned, but fruits and vegetables may be more important than the fat issue, says Dr. Stephanie Smith-Warner, an epidemiologist at the Harvard School of Public Health.



We tend to blame cancer on our fathers, aunts, or grandparents, but cancer runs in families for a number of reasons.

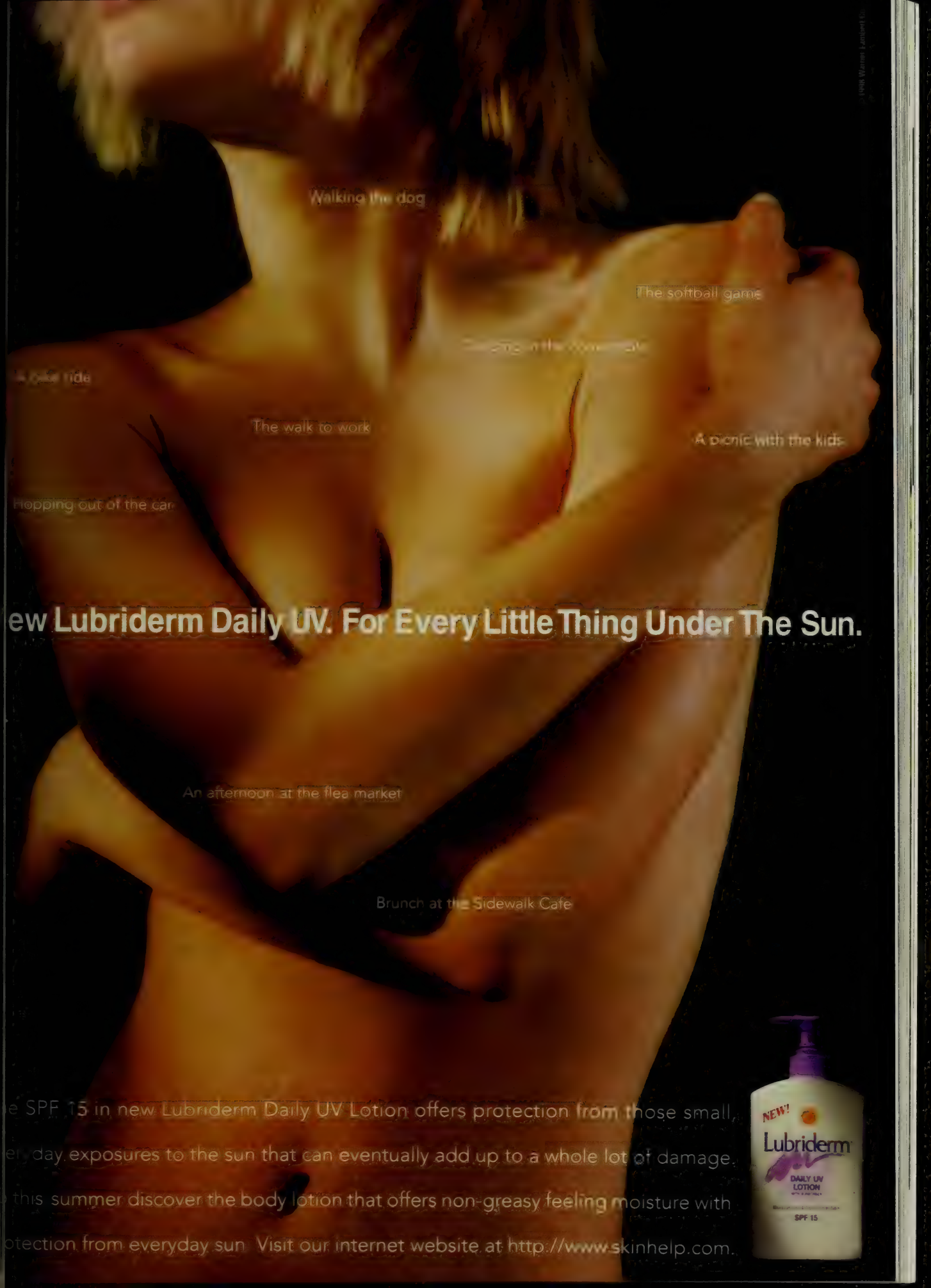
"Cancer clusters in families because their environments are shared, not just their genes," says Dr. Marc Goodman, associate professor of epidemiology at the Cancer Research Center of Hawaii. In other words, the culprit may have more to do with your upbringing—what you learned to eat and whether or not you smoke or exercise.

Even if your genes are stacked against you, the anticancer effects of fruits and vegetables can still be quite potent. For example, the protective values of fruits and vegetables equally benefit individuals whether they have a family history of colon polyps or not, says Dr. Smith-Warner.

An anticancer package. For cancer to take hold in the body, something first has to alter a cell's genetic material, then the cell must grow wildly and spread. Plants may work their magic to discourage cancer via a score of substances they contain, such as fiber, vitamins, minerals, and chemicals called phytochemicals.

"All these substances could influence hormone patterns, prevent mutations to DNA, affect how we detoxify chemical carcinogens, alter

continued on page 110


Walking the dog
The softball game
A bike ride
The walk to work
A picnic with the kids
Hopping out of the car
ew Lubriderm Daily UV. For Every Little Thing Under The Sun.
An afternoon at the flea market
Brunch at the Sidewalk Cafe
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NEW!
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SPF 15

Lifesaving Diet

continued from page 108

how our cells reproduce and divide, and inhibit a tumor's blood supply so it can't feed itself," says Dr. Clinton. Some phytochemicals can even cause cancer cells to commit suicide. In fact, fruits and vegetables affect every step in the development of cancer. "The number of these chemicals is countless," says Dr. Campbell. "We'll still be identifying components in one hundred years."

Toss in tomatoes. The latest darling on the anticancer circuit is lycopene, a phytochemical found in red-colored foods, especially tomatoes. Harvard researchers discovered that



men who ate at least 10 servings of tomato-based foods each week cut their risk of prostate cancer by 45 percent; even just eating four to seven servings reduced their risk by about 20 percent.

Other research also points to the tomato's ability to reduce the risk of several forms of cancer, including colon and cervical cancers. Scientists believe some of these benefits come from tomato's high lycopene content. This theory is bolstered by research demonstrating that individuals with higher blood levels of lycopene have a lower risk of some cancers.



But many researchers have their pet fruits or vegetables, says Dr. Goodman. "We found that overall fruit and vegetable intake or even groups of foods are more associated with cancer risk than individual substances like lycopene," he says.

The bottom line: Researchers aren't sure how these anticancer mechanisms function.



There's also a strong indication that cruciferous vegetables are endowed with special anticancer properties, says Dr. Paul Talalay, a professor of pharmacology at the Johns Hopkins School of Medicine. These plants, which include broccoli, brussels sprouts, and cauliflower, are rich in a compound called sulforaphane that, in animal studies, reduced cancer by 60 to 80 percent.

> If your plate has rarely held a vegetable and you're over 50, you can still make a difference.

None of this means you should become so obsessed with broccoli or tomatoes that they appear at every meal. "Variety is the real message," says Collins.

Pass on meat? Though plants are key in the war on cancer, arguments for eating a total vegetarian diet are hotly debated.

"Three ounces of meat per day is compatible with a healthy diet," says Dr. Clinton. This was also the conclusion of the AICR report, which suggested also eating at least five servings of fruits and vegetables a day and 20 to 30 ounces of starchy foods, including beans, potatoes, and grains.

Dr. Moshe Shike, director of the Memorial Sloan Kettering Cancer Prevention and Wellness Program and author of *Cancer Free: The Comprehensive Cancer Prevention Program*, agrees. "I don't advocate becoming a vegetarian. If you want a steak every few weeks, it's not the end of the world," he says.

But Dr. Campbell, who is the senior science advisor to the AICR and helped write the plant-based diet and cancer report, disagrees. He's a vegan (he eats no animal foods) and believes that this type of diet is the way to go.

For some people, he says, a small amount of animal-based foods poses no risk for cancer. But he believes people who have a family history of cancer should avoid all animal foods.

Better late than never. Because cancers don't begin when you're diagnosed but many years or decades before, it's best to make dietary changes as early as possible.

Before cancer is apparent, a cell has to take a number of wrong turns that alter its ability to grow and reproduce. Until a cell reaches the point where it can't go back, cancer can be stopped, says Collins. For example, if a 35-year-old woman has a breast cancer gene, dietary changes may delay the disease 10 or 20 years. If your plate has rarely held a vegetable and you're over 50, you can still make a difference.

Adds Dr. Goodman: "Late-stage diet changes affect risk, especially colon cancer. It's never too late."

Clearly, if meat is the centerpiece of most of your meals, eliminating it completely would be too drastic. Try to make gradual changes. It may take weeks or even months to feel comfortable with a veggie-centered diet.



And keep in mind, you can still lower your risk of cancer—even if your diet is rich in fat—by simply boosting your intake of fruits and vegetables. "Continuing to eat fatty foods plus fruits and vegetables is better than just eating fatty foods alone," says Dr. Smith-Warner.

Any change is a step in the right direction. "The scientific evidence shows that the closer you get to a plant-based diet, the better off you will be," Dr. Campbell says.

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BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN is indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the treatment of chronic idiopathic urticaria in patients 6 years of age or older.

CONTRAINDICATIONS: CLARITIN is contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day). (See **CLINICAL PHARMACOLOGY: Special Populations**.)

Drug Interactions: Loratadine (10 mg once daily) has been coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies in adult volunteers. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month carcinogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (rat primary hepatocyte unscheduled DNA assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenesis assay and the mouse bone marrow erythrocyte micronucleus assay). In the mouse lymphoma assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at an oral dose of 64 mg/kg (approximately 50 times the maximum recommended human daily oral dose on a mg/m^2 basis) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at an oral dose of approximately 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m^2 basis).

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses up to 96 mg/kg (approximately 75 times and 150 times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for loratadine and descarboethoxyloratadine, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and descarboethoxyloratadine was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN is administered to a nursing woman.

Pediatric Use: The safety of CLARITIN Syrup at a daily dose of 10 mg has been demonstrated in 188 pediatric patients 6-12 years of age in placebo-controlled 2-week trials. The effectiveness of CLARITIN for the treatment of seasonal allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of CLARITIN in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar to that of the adults. The recommended dose for the pediatric population is based on cross-study comparison of the pharmacokinetics of CLARITIN in adults and pediatric subjects and on the safety profile of loratadine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The safety and effectiveness of CLARITIN in pediatric patients under 6 years of age have not been established.

ADVERSE REACTIONS: CLARITIN Tablets: Approximately 90,000 patients, aged 12 and older, received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS IN PATIENTS 12 YEARS OF AGE AND OLDER

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TERFENADINE 60 mg BID n = 684
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled chronic idiopathic urticaria trials were si ilar to those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or ra although the number of nonwhite subjects was relatively small.

CLARITIN REDITABS (loratadine rapidly-disintegrating tablets): Approximately 5 patients received CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) in c trolled clinical trials of 2 weeks' duration. In these studies, adverse events were similar type and frequency to those seen with CLARITIN Tablets and placebo.

Administration of CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) did result in an increased reporting frequency of mouth or tongue irritation.

CLARITIN Syrup: Approximately 300 pediatric patients 6 to 12 years of age recei 10 mg loratadine once daily in controlled clinical trials for a period of 8-15 days. Amc these, 188 children were treated with 10 mg loratadine syrup once daily in placebo-c trolled trials. Adverse events in these pediatric patients were observed to occur with t and frequency similar to those seen in the adult population. The rate of premature disc tinuance due to adverse events among pediatric patients receiving loratadine 10 mg d was less than 1%.

ADVERSE EVENTS OCCURRING WITH A FREQUENCY OF ≥ 2% IN LORATADINE SYRUP-TREATED PATIENTS (6-12 YEARS OLD) IN PLACEBO-CONTROLLED TRIALS, A MORE FREQUENTLY THAN IN THE PLACEBO GROUP

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 188	PLACEBO n = 262	CHLORPHENIRAMI 2-4 mg BID/TID n = 170
Nervousness	4	2	2
Wheezing	4	2	5
Fatigue	3	2	5
Hyperkinesia	3	1	1
Abdominal Pain	2	0	0
Conjunctivitis	2	<1	1
Dysphonia	2	<1	0
Malaise	2	0	1
Upper Respiratory Tract Infection	2	<1	0

In addition to those adverse events reported above (≥ 2%), the following adverse eve have been reported in at least one patient in CLARITIN clinical trials in adult and pedia patients:

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hyp esthesia, impotence, increased sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pa earache, eye pain, fever, leg cramps, malaise, rigors, tinnitus, viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, supraventricular tac arrhythmias, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyp tonia, migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Altered taste, anorexia, constipation, diarrhea, dyspepsia, fl ulence, gastritis, hiccup, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depressi impaired concentration, insomnia, irritability, paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemo ysis, laryngitis, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, prurit purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration, urinary incontinence, urin retention.

In addition, the following spontaneous adverse events have been reported rarely dur the marketing of loratadine: abnormal hepatic function, including jaundice, hepatitis, a hepatic necrosis; alopecia; anaphylaxis; breast enlargement; erythema multiforme; perip eral edema; and seizures.

OVERDOSAGE: In adults, somnolence, tachycardia, and headache have been repor with overdoses greater than 10 mg with the Tablet formulation (40 to 180 mg). Ext pyramidal signs and palpitations have been reported in children with overdoses of grea than 10 mg of CLARITIN Syrup. In the event of overdosage, general symptomatic and s portive measures should be instituted promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except patients with impaired consciousness, followed by the administration of activated charc to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gast lavage should be performed with normal saline. Saline cathartics may also be of value rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is known if loratadine is eliminated by peritoneal dialysis.

No deaths occurred at oral doses up to 5000 mg/kg in rats and mice (greater than 24 and 1200 times, respectively, the maximum recommended human daily oral dose o mg/m^2 basis). Single oral doses of loratadine showed no effects in rats, mice, and monke at doses as high as 10 times the maximum recommended human daily oral dose o mg/m^2 basis.

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CLARITIN REDITABS (loratadine rapidly-disintegrating tablets) are manufactured Schering Corporation by Scherer DDS, England.

U.S. Patent Nos. 4,282,233 and 4,371,516.

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Buying Guide

continued from page 79

Page 212: Green ceramic, flower-shaped coaster—William Wayne & Co. (address above). **Butterfly salad plate and green cooler**—antique.

PRIZE TESTED RECIPES®

Page 230 (*left*): pie dish, "Emile Henry"—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7456; 800/541-2233.

READER SHOPPING

Page 141: Yellow Foxglove Collection—Carroll Gardens, 444 E. Main St., Westminster, MD 21157. **Tomato Plants Collection**—Papa Geno's Herb Garden, 951 South 25th St., Lincoln, NE 68502.

Page 212: Meat Mallet—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

Page 220: Summer Funware—Forkchops Enterprises, Inc., 1274 N. Crescent Heights Blvd., West Hollywood, CA 90046; Trudeau, 900 East Diehl Rd., Suite 160, Naperville, IL 60563.

Architects & Designers

OUTDOOR LIVING PROJECTS

Page 52: architectural designer—Bruce Pierce, Concepts in Design, 855 17th St., Des Moines, IA 50314.

Page 60: architectural designer—Jeff Peck Designs, Inc., 699 Summit Ave. E., Seattle, WA 98102; 206/323-3363.

SUNNY SIDE UP

Pages 82-84: architect—Curtis Krahn, Synthesis Design, Inc., 3155 Canfield Crescent, North Vancouver, BC, Canada V7R 2V9; 604/980-2087. **Interior designer**—Wendy A. Rae, Wendy Rae Interior Design, 400 Silverdale Pl., North Vancouver, BC, Canada V7N 2Z5; 604/980-8755. **Kitchen designer**—Al Pattison, Kitchen Corner, 26929 Fraser Hwy., Aldergrove, BC, Canada V4W 3E4; 604/856-4134. **Contractor**—Walter Ilg, Beair Construction, 3099 Plymouth Dr., North Vancouver, BC, Canada V7H 1C8; 604/929-6096.

GOOD-HUMORED GARDEN

Pages 142-148: garden design—Baby Bloomers Garden Design, 1125 Lova Ave., Coronado, CA 92118; 610/435-3895. Carruthers Landscape and Design, 8124 SW. 56th, Portland, OR 97219; 503/245-9478.

HOME AND AWAY

Pages 159-161: landscape design—Scott Sandel, R.L.A., 2738 Dale St., San Diego, CA 92104; 619/563-6635.

A RUSTIC RETREAT

Pages 165-167: architect—Williamson Landscape Architcture, LLC,1737 Northwest 56th St., Ste. 101, Seattle, WA 98107; 206/784-7996. **Builder**—John Brown, 110 N. 182nd St., Shoreline, WA 98133.

BUILDING A BACKYARD

Pages 168-170: architect/landscape architects—Kenneth Lemm, ASLA and Alec Michaelides, ASLA, Land Plus Assoc., 960 Ashwood Pkwy., Ste.120, Atlanta, GA 30338; 770/395-0222.

OUTDOOR FAMILY ROOMS

Pages 174-177: interior designer—Carol Lund Interiors and Decorative Arts, 223 Pitt St., Mt. Pleasant, SC 29464; 803/881-2097.

Pages 178-179: interior designer—Audrey Newsome, 9 Lakeview Pl., Avondale Estates, GA 30003; 404/284-2812.

Pages 180-182: interior designer—Judy Bowers Interiors, 714 St. Andrews Blvd., Charleston, SC 29407; 803/763-5800.

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A Cancer Fighter's Grocery List

by David Feder, Registered Dietitian

To find out why fruits and vegetables are effective cancer fighters, see *page 106*.



Your risk of cancer could be decreased by 20 percent or more if you eat five servings (½ cup each) of fruits and vegetables each day. Making this simple, good-for-you change could reduce the nation's overall risk of acquiring most forms of cancer, according to the American Institute for Cancer Research and the World Cancer Research Fund.

Turning the wealth of cancer research information into news you can use is as easy as going shopping. Availability of fresh and flavorful produce has never been greater. The best news is that all plant foods have some cancer-fighting attributes.

Variety is the key. Statistically, your total fruit and vegetable intake is more associated with reduced cancer risk than any individual food. Think of specific foods or types of foods as participants in your total anti-cancer diet. That said, the following foods have been recognized for having strong cancer-fighting properties.

Boost Your Broccoli

The cruciferous vegetables—which include broccoli, kale, cauliflower, and all cabbages—are loaded with phytochemicals (plant chemicals) that have directly reduced cancer by some 60 to 80 percent in animal studies. Fiber, which helps fight colorectal cancer, is also found in abundance in these vegetables.

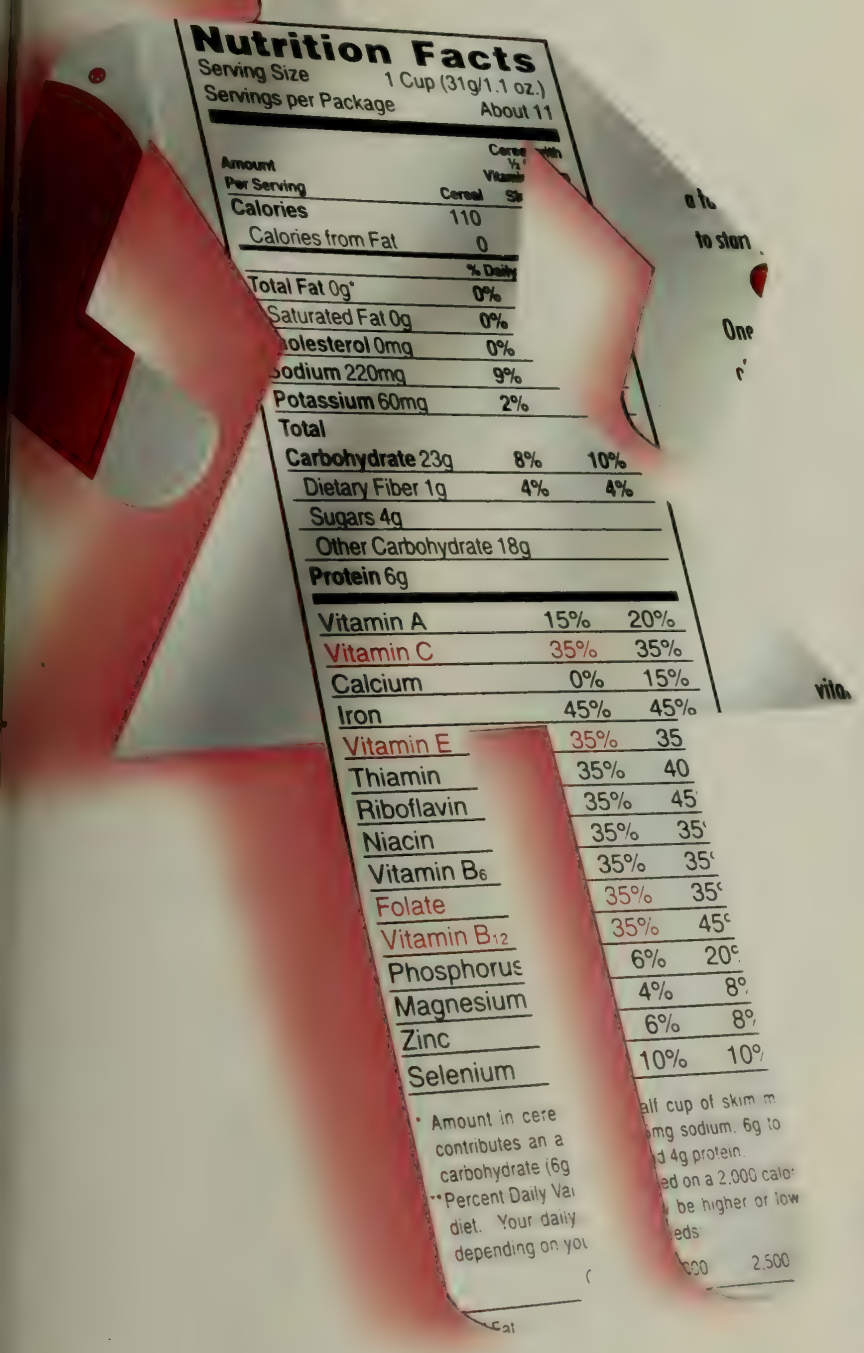
Broccoli sprouts (they look like bean sprouts and taste like broccoli) are loaded with up to 100 times higher concentrations of these phytochemicals than mature broccoli. Many health food stores and some larger supermarkets now stock broccoli sprouts. If you don't find broccoli sprouts, ask the produce manager at your local supermarket to order them.

• *Tip:* Mix broccoli sprouts into your salads or pile them high on sandwiches. Include a large serving—1 cup or more—of broccoli, kale, or other cruciferous vegetables on your menu several times a week. Lightly steam them to obtain the most nutritional benefit, while keeping their flavor and crunch.

continued on page 116

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Kellogg's® has teamed up with *Shape Up America!* to announce that *Special K's* insides are even better than ever ... for your insides. In addition to being a fat-free source of eleven essential nutrients, we've added even more of the important vitamins and minerals you need. Antioxidants like vitamin E for healthy skin, C for maintaining strong cells, bones and muscles. And vitamin B12 to keep those red blood cells working at their peak. 'Cause let's face it. Looking your best is about being strong and healthy, and that can only happen from the inside out.

Special K®

Reshape your attitude

ogg Company ©1998 Kellogg Company

Grocery List

continued from page 114

ON THE TABLE

This sample menu shows how easy it is to incorporate more fruits and vegetables into your daily diet.

Breakfast:
Fresh grapefruit or sliced cantaloupe
Bran cereal with mixed fresh berries
Orange juice

Lunch:
Tomato juice
Whole wheat pita bread stuffed with chickpeas, broccoli sprouts, onions, grated carrots, and vinaigrette dressing
Cold grilled sweet potato slices

Snack:
Dried fruit trail mix with nuts
Low-fat yogurt

Dinner:
Lentil soup
Mixed salad with spinach, endive, and tomatoes; olive oil, herb, and lemon juice dressing
Turkey stir-fry with sweet red peppers, ginger, chili peppers, and garlic
Steamed brown rice
Sliced mangoes and strawberries with honey and chopped cashews

Citrus Crush

Oranges, lemons, limes, grapefruit—all citrus fruits are concentrated sources of the antioxidant vitamin C. They also contain other compounds, folate and bioflavonoids, which have an excellent research track record for helping ward off cancer.

Components in citrus fruits scavenge cells to remove elements that cause damage and can trigger tumor development. They also help slow the growth of any early-stage tumorlike cell clusters.

• *Tip:* Think of orange or grapefruit juice beyond breakfast: Enjoy a glass or two instead of soda pop or coffee in the middle of the day. Reach for citrus or other fruits instead of candy or chips as a between-meal snack.

Toss in a Tomato

Tomatoes are known for their abundant vitamin C and beta-carotene content. They're also replete with another powerful carotene called lycopene. Carotenes are heat-stable, so cooked tomatoes will provide about the same benefit as raw ones. Tomatoes are also thought to be especially effective against cancers of the prostate and the digestive system.

• *Tip:* Dried tomatoes are concentrated and versatile versions of the fresh fruit. Toss snipped, softened dried tomatoes into salads, or stir them into spreads, sauces, and pastas.

The Mellow Yellows

Storehouses of cancer-fighting carotenes include carrots, sweet potatoes, and winter squashes, as well as fruits such as mangoes, papayas, cantaloupes, and apricots.

Other compounds in these orange and yellow fruits and vegetables appear to boost the immune system's response against cancerous agents.

• *Tip:* Mangoes and papayas were once rare treats. Take advantage of their abundance by adding them to the shopping basket every time you visit your supermarket.

Berry Good News

Blackberries, blueberries, and strawberries are sources of vitamins A and C, but they also contain phytochemical cancer-fighters, such as ellagic acid and anthocyanins.

Berries—especially strawberries—are also rich in the B vitamin folic acid, itself a stalwart cancer preventive (see Good Food, Good Health "Shield of Greens," March 1998).

• *Tip:* When craving "grab-and-go" snacks that are small and sweet, think berries. Countries south of the equator grow berries during our winter, so there's hardly a time when you can't find fresh berries.

Soybeans, Nuts, and Grains

Soybeans—one of the first and most studied plants in cancer research—and soy products (except for soy oil) have been the center of attention when it comes to disease prevention. Soy and other legumes, such as peas and beans, are generous in the phytochemical department and easy to include in the diet.

Nuts and whole grains are also excellent sources of phytochemicals and of the antioxidants selenium and vitamin E. These are thought to help prevent cancer by capturing molecules that might disrupt a cell's normal processes.

• *Tip:* Add roasted soy nuts or cooked whole grains, peas, or beans to salads and soups. Pack a handful of nuts to take with you to work or on errands.

The Active Approach

Using fruits, vegetables, beans, and grains as ammunition in the war against cancer helps your odds of fending off the disease.

But in the long run, what you eat is only part of an overall healthy lifestyle necessary for preventing disease: Alcohol and tobacco also play key roles in cancer and health. If you drink alcohol, do so only in moderation, and eschew smoking.

Lastly, no approach to health is complete without at least half an hour of walking, biking, or similar moderate exercise each day.

—Jeanine Barone, M.S., provided additional research for this article.

LET HISTORY BE YOUR GUIDE

Anyone with a family history of cancer should consider eating at least 10 servings of fruits and vegetables a day. That's the recommendation of Dr. George Blackburn of Harvard Medical School. Blackburn also suggests bringing your family history to the attention of your doctor or nutrition specialist, who can help you design a personalized dietary approach to cancer prevention.

"For example," says Blackburn, "if there is a history of prostate cancer, you might want to include more tomatoes and soy in your diet; for colon cancer, you'd need more wheat bran. If it's breast cancer, then lowering fat and calories is more important."

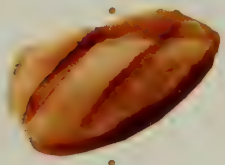
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MORE CHICKEN.



MORE VEGGIES.



MORE PENNE.



MORE SATISFYING.



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Banking on a Healthy Future

Using umbilical cord blood as biological insurance



by Jim M. Brown and Arlene Pendas Brown

Every eight seconds, a baby is born in the United States and an umbilical cord is placed in the trash. Imagine throwing something away 10,000 times a day that could be used to treat cancer, anemia, and genetic diseases.

Cord blood banking—the freezing and storing of a baby's umbilical cord blood for later use—is a promising and controversial new practice.

The issue. Blood inside an umbilical cord contains stem cells, which our bodies rely on to fight disease. These stem cells are also found inside bone marrow, the soft mass of tissue in the center core of our bones. But chemotherapy and radiation can critically reduce a person's stem cell supply, often requiring a bone marrow transplant. The hope is that transplanted stem cells will stimulate a sick person's own production of healthy cells.

Bone marrow transplants, however, can be painful, expensive, and risky. About 15,000 people a year are in need of bone marrow transplants and can't find suitable donors, according to the March of Dimes. Finding donors for racial and ethnic minorities is even more difficult because most volunteer bone marrow donors are white.

Cord blood stem cells can be transplanted back into the same person or donated to another who needs a cell-manufacturing boost. Two ounces of cord blood have as many stem cells as one pint of bone marrow.

How it works. Harvesting cord blood doesn't harm the mother or baby and involves no risk to either.

Harvesting cord blood doesn't harm the mother or baby and involves no risk to either.

After the baby is born, the umbilical cord is clamped and the baby separated from the cord. A doctor inserts a needle into the umbilical cord vein and draws the placental blood. The procedure takes less than five minutes and can be performed in vaginal and cesarean deliveries as well as for multiple births.

One couple who became interested in cord blood banking was Rick and Kim Ragghianti of Alpharetta, Georgia. They contacted the Cord Blood Registry in San Bruno, California.

"The registry sent us a collection kit that we kept until the time of delivery," Kim says. "We gave the instructions to the doctor and the hospital arranged for a courier service to take care of the shipping." Their daughter Megan's cord blood was quickly banked.

Parents can make a cord blood donation much like a regular blood bank donation. To qualify for donation, mothers must be HIV negative and pass a medical history and infectious disease screening.

Sandy Thursby of Thornton, Washington donated her daughter Kristina's cord blood to the International Cord Blood Foundation. Sandy's oldest daughter, Angela, had been killed in a car accident. "We wanted to help other parents so they won't have to suffer the loss of a child like we did. It's so easy to give a life."

continued on page 12

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You feel fresh.

Carefree Breathable is the only pantiliner that has a unique fabric backing.
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Banking on a Healthy Future

continued from page 118

The benefits. There have been about 600 cord blood transplants in the past nine years; 90 percent of the recipients were children and 90 percent of the procedures have been successful.

Besides the advantage of having perfectly matched blood on hand for a family member, there are other benefits. Cord blood is easier to match than bone marrow for unrelated recipients and less likely to carry viruses than stem cells taken from adult bone marrow. Cord blood stem cells also are more likely to be accepted by a new host. Once engraftment occurs, stem cells from cord blood begin to multiply. Stem cells from adult bone marrow aren't as active.

The drawbacks. A big reason why cord blood hasn't caught on with many people is the high cost. Extracting the blood costs between $1,000 and $1,500, and storage fees range from $75 to $100 a year.

Shipping charges may also be added. Even if you donate cord blood to a public blood bank, someone has to pay for screening costs and shipping. Some insurance companies, state Medicaid agencies, and even private blood bank companies are paying for cord blood banking in families with a history of cancer and blood disorders.

"Insurance companies are recognizing that family cord blood banking may provide a cost-effective alternative to a bone marrow harvest," says Cynthia Fisher, chief executive officer of Viacord, a national cord blood bank in Boston.

Even more basic is a question about the need for saving one's own cord blood. The chance that a child will need a bone marrow or cord blood transplant before age 15 is slight.

A report by the March of Dimes says most families—those without risk factors for a bone marrow transplant, such as anemia, immune disorders, or leukemia—have a one in 10,000 chance of needing a stem cell transplant.

Although the amount of blood taken from an umbilical cord is enough to treat one child, there are uncertainties about how much cord blood would be needed for adults. The quantity of blood and the number of stem cells taken from an umbilical cord varies with each birth.

Only about 60 adults have received transplants, but the long-term results are still being evaluated. Also, once the initial supply of cells is depleted, there is no possibility of harvesting more unless another baby is born to those same parents.

Other major issues health experts are wrestling with: Who should supervise quality control for the collection, screening, and storage of cord blood? What's the procedure when screening shows a genetic abnormality? How will privacy and confidentiality be maintained? Should there be restrictions on advertising banking services?

As of yet, there are no universally accepted guidelines that address any of these questions. There isn't consistency among the standards that are accepted by the various facilities that collect cord blood. For example, the agreement terms covering the informed consent of the parents are left up to each hospital. The Food and Drug Administration is in the process of developing regulations, but they aren't in place yet.

The future. Although cord blood banking is still considered experimental, the National Institutes of Health has committed $30 million to establish additional donor banks at several major hospitals, including Duke University in Durham, North Carolina, and the University of California, Los Angeles.

"We hope to develop the technology so it can be used in adults as effectively as it is with children," says Dr. Barbara Bierer, scientific director of the National Heart, Lung and Blood Institute.

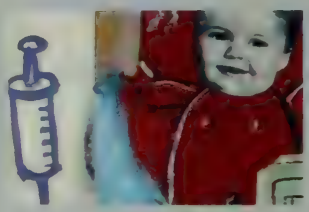
Dr. David Harris, a professor of immunology at the University of Arizona, and a pioneer in cord blood banking in the United States, is also optimistic. He and his wife were the first couple in this country to bank cord blood when their son was born in 1992.

"Five years from now, I think we'll be using cord blood to treat even more genetic disorders and diseases," he says. "Cancer victims who have to endure high-dose chemotherapy now may be treated by less traumatic means."

But to serve each major ethnic group in the United States, there has to be 10,000 to 20,000 samples from each group on reserve, Dr. Harris says. His bank hopes to have 10,000 samples by the year 2000.

Many cord blood experts agree that a valuable resource is being wasted. If the economic and ethical issues can be resolved, taking cord blood could become as common in the delivery room as offering epidurals to mothers.

If you're interested in making a blood cord donation, check with your doctor, midwife, or your local blood bank.



Diseases Cord Blood Helps

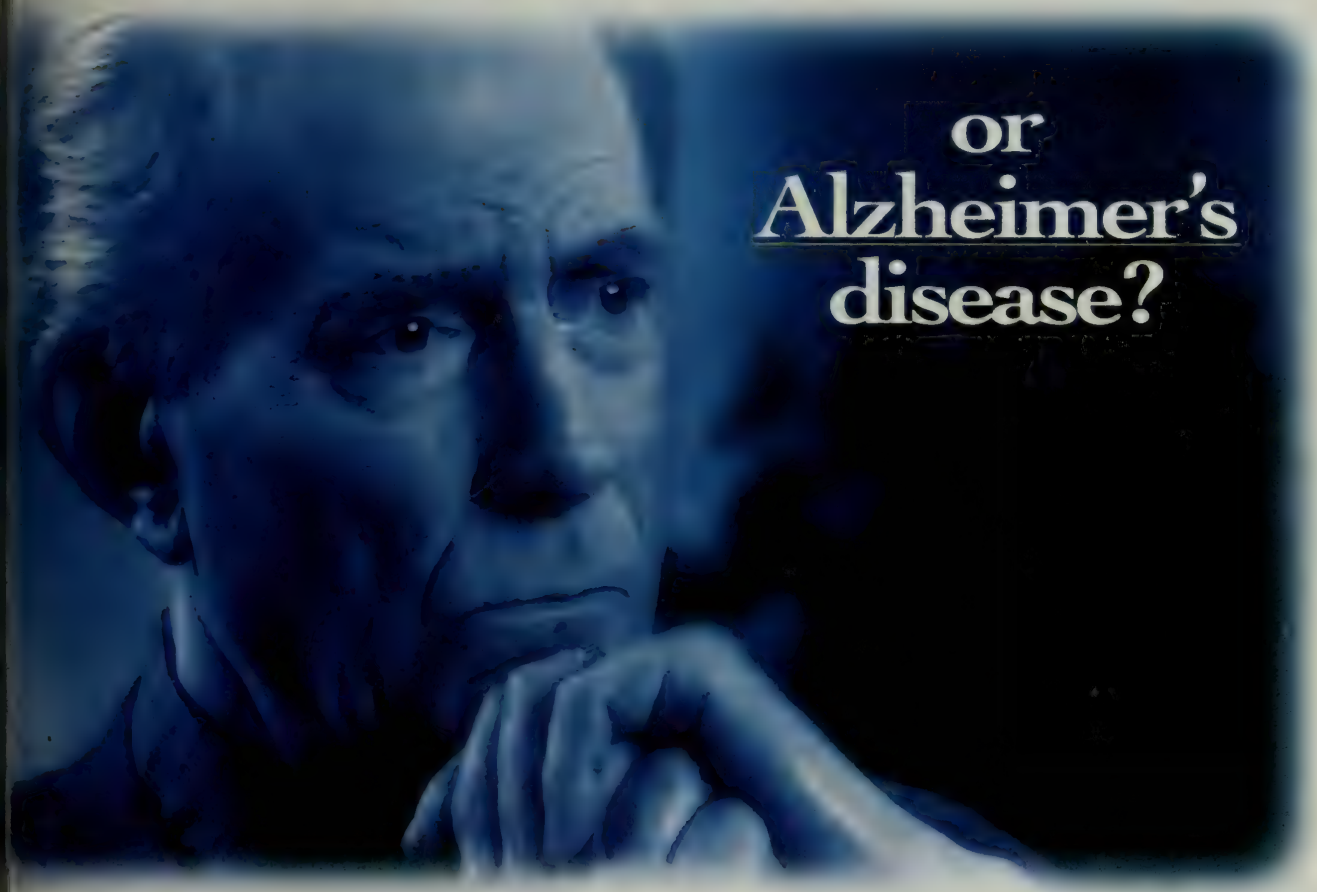
The blood being stored in a cord blood bank today could extend your life tomorrow.

Here are a few of the diseases that can be treated today with cord blood stem cells:

- Acute lymphocytic leukemia
- Acute myelogenous leukemia
- Chronic myelocytic leukemia
- Lymphoma
- Multiple myeloma
- Hodgkin's disease
- Osteopetroses
- Aplastic anemia
- Wiskott-Aldrich syndrome
- Fanconi's anemia
- Hunter's syndrome
- Severe combined immuno-deficiency disease

Possible future treatments include: breast, ovarian, and testicular cancer; melanoma; primary brain tumors; small cell lung carcinoma; AIDS; and diabetes.

Is it just forgetfulness...



Memory loss • Asking repeated questions • Trouble using words

When signs like these begin to affect everyday life, they may not be a part of normal aging. They may be signs of Alzheimer's disease, an incurable, progressive illness that robs patients and their families of a lifetime of memories.

Today, however, the outlook for many is becoming more hopeful. ARICEPT® is a clinically proven, once-a-day prescription medicine available to treat symptoms in patients with mild to moderate Alzheimer's disease. Already, over 400,000 patients in the United States have begun ARICEPT® therapy.

ARICEPT® is well tolerated, but some people do experience side effects like nausea, diarrhea, insomnia, vomiting, muscle cramps, fatigue, and loss of appetite. In clinical studies, these effects were generally mild, temporary, and went away with continued ARICEPT® use; 2% of people taking ARICEPT® experienced fainting.

Only a doctor can evaluate symptoms such as forgetfulness and diagnose Alzheimer's disease. Speak to a doctor ***today*** about the benefits of ARICEPT® in treating Alzheimer's disease.

ONCE-A-DAY
ARICEPT®
(donepezil HCl)
5-MG AND 10-MG TABLETS

TODAY'S TREATMENT FOR ALZHEIMER'S DISEASE

To learn more, call toll-free today.

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Please see additional important product information on accompanying page.

People at risk for ulcers should inform their doctor.

ONCE-A-DAY
ARICEPT® (donepezil HCl) 5-MG AND 10-MG TABLETS
TODAY'S TREATMENT FOR ALZHEIMER'S DISEASE

ARICEPT® (Donepezil Hydrochloride Tablets)
Brief Summary—see package insert for full prescribing information. **INDICATIONS AND USAGE** ARICEPT® is indicated for the treatment of mild to moderate dementia of the Alzheimer's type. **CONTRAINDICATIONS** ARICEPT® is contraindicated in patients with known hypersensitivity to donepezil hydrochloride or to piperidine derivatives. **WARNINGS** ***Anesthesia:*** ARICEPT®, as a cholinesterase inhibitor, is likely to exaggerate succinylcholine-type muscle relaxation during anesthesia. ***Cardiovascular Conditions:*** Because of their pharmacological action, cholinesterase inhibitors may have vagotonic effects on heart rate (eg, bradycardia). The potential for this action may be particularly important to patients with "sick sinus syndrome" or other supraventricular cardiac conduction conditions. Syncopal episodes have been reported in association with the use of ARICEPT®. ***Gastrointestinal Conditions:*** Through their primary action, cholinesterase inhibitors may be expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients should be monitored closely for symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for developing ulcers, eg, those with a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory drugs (NSAIDS). Clinical studies of ARICEPT® have shown no increase, relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. ARICEPT®, as a predictable consequence of its pharmacological properties, has been shown to produce diarrhea, nausea, and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day dose than with the 5 mg/day dose. In most cases, these effects have been mild and transient, sometimes lasting one to three weeks, and have resolved during continued use of ARICEPT® ***Genitourinary:*** Although not observed in clinical trials of ARICEPT®, cholinomimetics may cause bladder outflow obstruction. ***Neurological Conditions:*** Seizures. Cholinomimetics are believed to have some potential to cause generalized convulsions. However, seizure activity also may be a manifestation of Alzheimer's Disease. ***Pulmonary Conditions:*** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescribed with care to patients with a history of asthma or obstructive pulmonary disease. **PRECAUTIONS Drug-Drug Interactions** ***Drugs Highly Bound to Plasma Proteins:*** Drug displacement studies have been performed *in vitro* between this highly bound drug (96%) and other drugs such as furosemide, digoxin, and warfarin. ARICEPT® at concentrations of 0.3-10 µg/mL did not affect the binding of furosemide (5 µg/mL), digoxin (2 ng/mL), and warfarin (3 µg/mL) to human albumin. Similarly, the binding of ARICEPT® to human albumin was not affected by furosemide, digoxin and warfarin. ***Effect of ARICEPT® on the Metabolism of Other Drugs:*** No *in vivo* clinical trials have investigated the effect of ARICEPT® on the clearance of drugs metabolized by CYP 3A4 (eg, cisapride, terfenadine) or by CYP 2D6 (eg, imipramine). However, *in vitro* studies show a low rate of binding to these enzymes (mean K_i about 50 -130 µM), that, given the therapeutic plasma concentrations of donepezil (164 nM), indicates little likelihood of interference. Whether ARICEPT® has any potential for enzyme induction is not known. Formal pharmacokinetic studies evaluated the potential of ARICEPT® for interaction with theophylline, cimetidine, warfarin and digoxin. No significant effects on the pharmacokinetics of these drugs were observed. ***Effect of Other Drugs on the Metabolism of ARICEPT®:*** Ketoconazole and quinidine, inhibitors of CYP450, 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of these inhibitors is not known. Inducers of CYP 2D6 and CYP 3A4 (eg, phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT®. Formal pharmacokinetic studies demonstrated that the metabolism of ARICEPT® is not significantly affected by concurrent administration of digoxin or cimetidine. ***Use with Anticholinergics:*** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. ***Use with Cholinomimetics and Other Cholinesterase Inhibitors:*** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenicity studies of donepezil have not been completed. Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria. In the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, some clastogenic effects were observed. Donepezil was not clastogenic in the *in vivo* mouse micronucleus test. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy** *Pregnancy Category C* Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in still births and a slight decrease in pup survival through day 4 postpartum at this dose; the next lower dose tested was 3 mg/kg/day. There are no adequate or well-controlled studies in pregnant women. ARICEPT® should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT® has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT® in any illness occurring in children. **ADVERSE REACTIONS Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT® due to adverse events for the ARICEPT® 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day, was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients were nausea (1% [5 mg] and 3% [10 mg] vs 1%

Table 1. Comparison of Rates of Adverse Events in Patients Titrated to 10 mg/day Over 1 and 6 Weeks

	No titration		One-week titration	Six-week titration
Adverse Event	Placebo (n=315)	5 mg/day (n=311)	10 mg/day (n=315)	10 mg/day (n=269)
Nausea	6%	5%	19%	6%
Diarrhea	5%	8%	15%	9%
Insomnia	6%	6%	14%	6%
Fatigue	3%	4%	8%	3%
Vomiting	3%	3%	8%	5%
Muscle Cramps	2%	6%	8%	3%
Anorexia	2%	3%	7%	3%

[placebo]), diarrhea (<1% [5 mg] and 3% [10 mg] vs 0% [placebo]), and vomiting (<1% [5 mg] and 2% [10 mg] vs <1% [placebo]) **Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT®** The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT®'s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue, and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT® treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open-label study was conducted with 269 patients who received placebo in the 15- and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 1 for a comparison of the most common adverse events following one week and six week titration regimens. **Adverse Events Reported in Controlled Trials** The events cited reflect experience gained under closely monitored conditions of clinical trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may not apply, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 2 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT® and for which the rate of occurrence was greater for ARICEPT® assigned than placebo assigned patients. In general, adverse events occurred more frequently in female patients and with advancing age. **Other Adverse Events**

Table 2. Adverse Events Reported in Controlled Clinical Trials in at Least 2% of Patients Receiving ARICEPT® and at a Higher Frequency Than Placebo-treated Patients

Body System/Adverse Event	Placebo (n=355)	ARICEPT® (n=747)
Percent of Patients With Any Adverse Event	**72**	**74**
Body as a Whole		
Headache	9	10
Pain, Various Locations	8	9
Accident	6	7
Fatigue	3	5
Cardiovascular System		
Syncope	1	2
Digestive System		
Nausea	6	11
Diarrhea	5	10
Vomiting	3	5
Anorexia	2	4
Hemic and Lymphatic System		
Ecchymosis	3	4
Metabolic and Nutritional Systems		
Weight Decrease	1	3
Musculoskeletal System		
Muscle Cramps	2	6
Arthritis	1	2
Nervous System		
Insomnia	6	9
Dizziness	6	8
Depression	<1	3
Abnormal Dreams	0	3
Somnolence	<1	2
Urogenital System		
Frequent Urination	1	2

Observed During Clinical Trials ARICEPT® has been administered to over 1700 individuals during clinical t worldwide. Approximately 1200 of these patients have been treated for at least 3 months and m than 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials in the United St included approximately 900 patients. In regards to the highest dose of 10 mg/day, this population inclu 650 patients treated for 3 months, 475 patients treated for 6 months and 116 patients treated for over 1 y The range of patient exposure is from 1 to 1214 days. Treatment emergent signs and symptoms that occu during 3 controlled clinical trials and two open-label trials in the United States were recorded as adverse events by clinical investigators using terminology of their own choosing. To provide an overall estimate of the proportio individuals having similar types of events, the events were grouped into a smaller number of standardi categories using a modified COSTART dictionary and event frequencies were calculated across all studies. Th categories are used in the listing below. The frequencies represent the proportion of 900 patients from these trials experienced that event while receiving ARICEPT®. All adverse events occurring at least twice are included, excep those already listed in Tables 1 or 2, COSTART terms too general to be informative, or events less likely to be c caused. Events are classified by body system and listed using the following definitions: *frequ adverse events*—those occurring in at least 1/100 patients; *infrequent adverse events*—those occurring in 1/10 1/1000 patients. These adverse events are not necessarily related to ARICEPT® treatment and in most cases v observed at a similar frequency in placebo-treated patients in the controlled studies. No important additional adv events were seen in studies conducted outside the United States. **Body as a Whole:** *Frequent:* influenza, chest p toothache; *Infrequent:* fever, edema face, periorbital edema, hernia hiatal, abscess, cellulitis, chills, general coldness, head fullness, listlessness. **Cardiovascular System:** *Frequent:* hypertension, vasodilation, at fibrillation, hot flashes, hypotension; *Infrequent:* angina pectoris, postural hypotension, myocardial infarction, block (first degree), congestive heart failure, arteritis, bradycardia, peripheral vascular disease, supraventricu tachycardia, deep vein thrombosis. **Digestive System:** *Frequent:* fecal incontinence, gastrointestinal bleedi bloating, epigastric pain; *Infrequent:* eructation, gingivitis, increased appetite, flatulence, periodontal absc cholelithiasis, diverticulitis, drooling, dry mouth, fever sore, gastritis, irritable colon, tongue edema, epigas distress, gastroenteritis, increased transaminases, hemorrhoids, ileus, increased thirst, jaundice, melena, polydyp duodenal ulcer, stomach ulcer. **Endocrine System:** *Infrequent:* diabetes mellitus, goiter. **Hemic and Lympha System:** *Infrequent:* anemia, thrombocythemia, thrombocytopenia, eosinophilia, erythrocytopenia. **Metabolic a Nutritional Disorders:** *Frequent:* dehydration; *Infrequent:* gout, hypokalemia, increased creatine kina hyperglycemia, weight increase, increased lactate dehydrogenase. **Musculoskeletal System:** *Frequent:* b fracture; *Infrequent:* muscle weakness, muscle fasciculation. **Nervous System:** *Frequent:* delusions, trem irritability, paresthesia, aggression, vertigo, ataxia, increased libido, restlessness, abnormal crying, nervousne aphasia; *Infrequent:* cerebrovascular accident, intracranial hemorrhage, transient ischemic attack, emotional labi neuralgia, coldness (localized), muscle spasm, dysphoria, gait abnormality, hypertonia, hypokinesia, neurodermati numbness (localized), paranoia, dysarthria, dysphasia, hostility, decreased libido, melancholia, emotio withdrawal, nystagmus, pacing. **Respiratory System:** *Frequent:* dyspnea, sore throat, bronchitis; *Infreque* epistaxis, postnasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing, hypoxia, pharyngi pleurisy, pulmonary collapse, sleep apnea, snoring. **Skin and Appendages:** *Frequent:* pruritus; diaphores urticaria; *Infrequent:* dermatitis, erythema, skin discoloration, hyperkeratosis, alopecia, fungal dermatitis, herp zoster, hirsutism, skin striae, night sweats, skin ulcer. **Special Senses:** *Frequent:* cataract, eye irritation, visi blurred; *Infrequent:* dry eyes, glaucoma, earache, tinnitus, blepharitis, decreased hearing, retinal hemorrhage, oti externa, otitis media, bad taste, conjunctival hemorrhage, ear buzzing, motion sickness, spots before ey **Urogenital System:** *Frequent:* urinary incontinence, nocturia; *Infrequent:* dysuria, hematuria, urinary urgen metrorrhagia, cystitis, enuresis, prostate hypertrophy, pyelonephritis, inability to empty bladder, breast fibroadenos fibrocystic breast, mastitis, pyuria, renal failure, vaginitis. **Postintroduction Reports** Voluntary reports of adve events temporally associated with ARICEPT® that have been received since market introduction that are not list above, and that may have no causal relationship with the drug include the following: abdominal pain, agitati cholecystitis, confusion, convulsions, hallucinations, hemolytic anemia (rare event), pancreatitis, and ra **OVERDOSAGE Because strategies for the management of overdose are continually evolving, it advisable to contact a Poison Control Center to determine the latest recommendations for t management of an overdose of any drug.** As in any case of overdose, general supportive measures should utilized. Overdosage with cholinesterase inhibitors can result in cholinergic crisis characterized by severe naus vomiting, salivation, sweating, bradycardia, hypotension, respiratory depression, collapse and convulsion Increasing muscle weakness is a possibility and may result in death if respiratory muscles are involved. Tertia anticholinergics such as atropine may be used as an antidote for ARICEPT® overdosage. Intravenous atropine sulfa titrated to effect is recommended: an initial dose of 1.0 to 2.0 mg IV with subsequent doses based upon clini response. Atypical responses in blood pressure and heart rate have been reported with other cholinomimetics wh co-administered with quaternary anticholinergics such as glycopyrrolate. It is not known whether ARICEPT® and/or metabolites can be removed by dialysis (hemodialysis, peritoneal dialysis, or hemofiltration). Dose-related signs toxicity in animals included reduced spontaneous movement, prone position, staggering gait, lacrimation, clon convulsions, depressed respiration, salivation, miosis, tremors, fasciculation and lower body surface temperatu **DOSAGE AND ADMINISTRATION** The dosages of ARICEPT® shown to be effective in controlled clinical trials are mg and 10 mg administered once per day. Controlled clinical trials indicate that the 10 mg dose, with a one we titration, is likely to be associated with a higher incidence of cholinergic adverse events than the 5 mg dose. Becau steady state is not achieved for 15 days and because the incidence of such effects may be influenced by the rate of do escalation, treatment with a dose of 10 mg should not be contemplated until patients have been on a daily dose of 5 m for 4 to 6 weeks. Whether or not to employ a dose of 10 mg is a matter of prescriber and patient preference. ARICEPT should be taken in the evening, just prior to retiring, and may be taken with or without food. Revised January, 19

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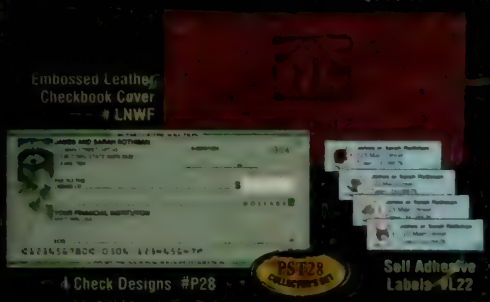
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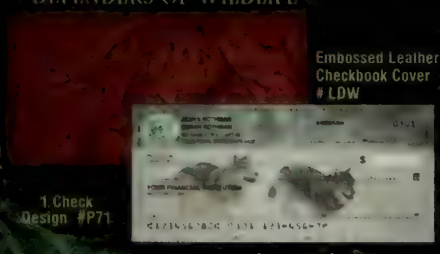
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Original renderings of the 'little folk' by the noted English artist Cecily Mary Barker. ©MCMXCV

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For each purchase, $2 goes to the Defenders of Wildlife® programs to help save many forms of wildlife. Photo by Jim Bradenburg. Sorry, no Collector's Set available.

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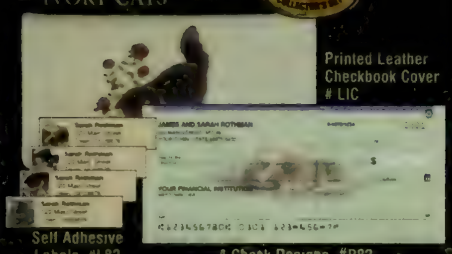
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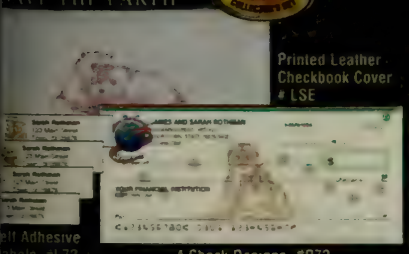
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Furry little felines caught in their mischief (or napping) are delightfully illustrated by the talented Leslie Anne Ivory. ©LAI 1997

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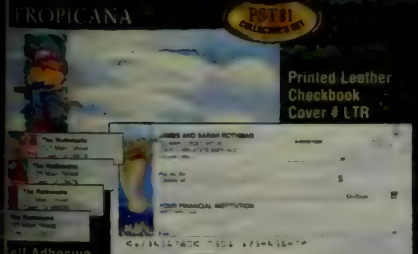
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The charming icons of Peter Rabbit, Mr. Jeremy Fisher, Jemima Puddle Duck and Tom Kitten, Beatrix Potter designs are sold under license and are ©Frederick Warne & Co.

TROPICANA

PST81 COLLECTOR'S SET



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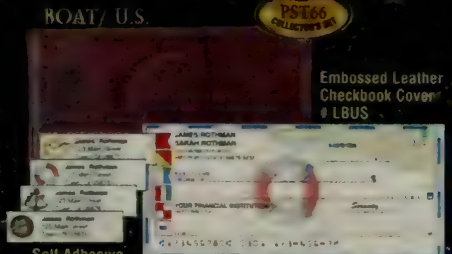
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Canada artist Paul Brent's masterful brushes depict a color macaw, flamingoes, tropical frogs and a munching manatee in a tropical paradise of color.

BOAT/U.S.

PST66 COLLECTOR'S SET



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ORDERING INSTRUCTIONS

Complete the Order Form (below) for all products you require.

TO ORDER CHECKS -

Be sure to include these two items with your check order:

1. **VOIDED CHECK** or reorder form from your existing supply, noting any changes to the imprint information.
2. **DEPOSIT SLIP** from your existing supply. (No photocopies, please. Incomplete orders will not be processed.)

Each check order includes 1-part deposit slips, check register, and recycled vinyl checkbook cover. All checks have the latest security features to help prevent check fraud, and are printed on recycled check paper with 20% post consumer fiber.

TO ORDER LABELS -

On a separate sheet of paper, clearly print the information exactly as you wish it to appear on your order.

- Maximum of 28 letters and/or spaces.
- Maximum of 4 lines.
- Include the label information in the envelope along with the other order items.

TO ORDER COLLECTOR'S SETS -

Be sure to include these items with your order:

1. **Check Information**, as described above (voided check and deposit slip).
2. **Label information**, as described above.

Simply fill out the **COLLECTOR'S SET** section of the Order Form.

SPECIAL LETTERING -

For a small additional fee, you can select an optional lettering style for both checks and address labels. Standard lettering is shown on the products. Indicate your choice on the order form. Old English (C), Script (D), Elegance (E), Contempo (F)

For your protection, orders will be shipped to the address on your checks unless we are otherwise instructed. All orders are shipped via bulk mail, (USA delivery only), and may not ship together. Please allow 3-4 weeks for delivery.

100% GUARANTEE: If, for any reason you're not completely satisfied, we will replace your order or refund your money.

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Start checks with this number: # _____ *If not specified, starting # will be 301*

TO ORDER COLLECTOR'S SETS:

ITEM # ☐ 1-Part ☐ Duplicate $41.85		$
Special Lettering, Style #	add $4.00	$

(Lettering optional on both Checks and Labels)

TO ORDER INDIVIDUAL ITEMS:

Check Design # and name

CHECKS.		Price	#/Boxes	
1- Part (200 per box)	1st Box	$12.95	1	$
	Add'l Boxes	$8.95		$
Duplicate (150 per box)	1st Box	$13.95	1	$
	Add'l Boxes	$9.95		$
Special Lettering (Optional), Style #		add $2.00		$
LABELS. Item # ☐ 300 @ $8.95 or ☐ 600 @ $17.90				$
Special Lettering (Optional), Style #		add $2.00		$
CHECKBOOK COVERS. Item #		add $19.95		$

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SHIPPING & HANDLING CHART	Up to $14.99 . . . . . add $2.00 $15.00 – 29.99 . . . add $4.00 Over $30.00. . . . . add $6.25	$
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It's summer! Time to move the family outside. Here's how you and your clan can keep safe while working hard to see a robust lawn grow and garden bloom.



It's a Jungle Out There

by Ad Hudler

Working outside in the yard and garden is a great way to unwind, but only if you know what you're getting yourself into. Even the tamest-looking yards can contain poisonous plants, bloodsucking insects, and hazardous pesticides.

Here's what you need to know to keep everyone you love and everything you plant healthy this summer.

The three Ps. As the line between the suburb and forest continues to blur, the most notorious toxic plants—poison ivy, poison oak, and poison sumac—are creeping into more and more backyards.

Poison ivy, the most prevalent of the three plants, grows throughout the United States. Poison oak is most common in the West, particularly California, and poison sumac flourishes in marshy areas across the country. Poison oak and ivy plants have leaves that grow in clusters of three while sumac's leaves come in bunches of seven to 11 (see photographs, *page 127*).

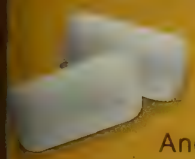
About 50 percent of Americans are allergic to these plants, says dermatologist Dr. James G. Marks, Jr., of Penn State University. He helped develop a new lotion called IvyBlock that, if applied beforehand, can prevent the itchy, painful rashes all these plants can cause. The

continued on page 127



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Fight back against plaque.





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Use as directed. * Minor arthritis p

It's a Jungle Out There

ontinued from page 124



cream blocks pores so urushiol, the active chemical in poison ivy, poison oak, and sumac can't penetrate the skin. (IvyBlock costs $12 and is sold at most major drugstores.)

If a painful rash appears, see your doctor. For less serious cases, Dr. Marks suggests taking an oral antihistamine. Cool showers, baths with baking soda, or rubbing calamine lotion or witch hazel lotion on your skin also can bring relief. Try to avoid scratching because fingernails may carry germs that can cause infection. Contrary to what you may have been taught, scratching does not spread the rash.

If you think you've been exposed, wash your hands immediately with soap and water. Also make sure to wash your shoes, garden tools, and other items. Urushiol can sit on objects for months and still cause a reaction.

Mosquitoes. The most ubiquitous, nagging insect to gardeners and anyone who likes being outside may be the common mosquito.

For years, the weapon of choice has been lotion and spray repellents that contain diethyl toluamide, or DEET. Though many medical experts say limited amounts of DEET pose no danger, the U.S. Environmental Protection Agency (EPA) says repeated use of DEET among children has caused headaches, mood changes, confusion, nausea, and in some rare cases, convulsions and unconsciousness.

DEET enters the skin and bloodstream, where it can linger for up to two months, says Debra Lynn Dadd, author of four consumer safety books, including *Home Safe Home*. As an alternative, Dadd recommends rubbing peppermint oil, vinegar, or citronella oil on your skin. Though it's not marketed as such, Avon's Skin-So-Soft lotion also is a nontoxic product with citronella that people use to repel mosquitoes.

"It's true that DEET's not good for you, but it depends on how much you use and how often you use it," says Gwen Pearson, an entomologist at Albion College in Albion, Michigan.

The American Academy of Pediatrics recommends that parents use a DEET product with a 10 percent or lower concentration on their children. Still, there really isn't any good way to fight mosquitoes. The best thing is to prevent them from hatching in the first place, Pearson says.

To do that, look around your yard. Mosquitoes will lay eggs in any standing water, and it doesn't take much. Potted-plant saucers, birdbaths, or any tiny holes in large rocks or tree trunks work for them. Also, be sure to check your rain gutters for clogged leaves and standing water. It takes only one week for some mosquitoes to hatch.

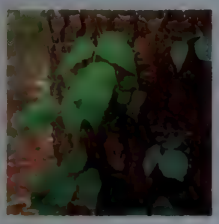
Ticks. Though some people try to smother ticks with petroleum jelly or clear fingernail polish, the best way to remove one is with a pair of fine-point tweezers. Grasp the tick's mouthparts (where it has attached to your skin) and gently pull the tick out with steady pressure.

Several different kinds of ticks can transmit Lyme disease, a bacterial infection spread by the bite of an infected tick. A tick carrying Lyme disease must be present on the body for a day or longer to fully transmit the disease, says Dr. Jeffrey Erinoff, director of environmental programs at Thomas Jefferson University in Philadelphia. If you've been in places where ticks are common, be sure to check your entire body and scalp before going to bed.

Lawn and garden care. Studies have shown that exposure to lawn and household pesticides may cause cancer. In a study published in 1995 in the *American Journal of Public Health*, researchers at the University of North Carolina found that children whose yards were treated with chemicals were four times more likely to be diagnosed later with malignant tumors of muscle and connective tissues. Researchers didn't ask what lawn

continued on page 130

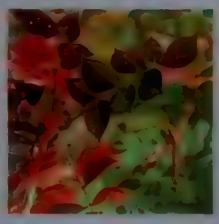
Pick Your Poison



Poison Ivy
"Leaves of three, let them be," is a good rule of thumb, but poison ivy leaves can come in groups as large as nine.



Poison Oak
This plant grows as a low shrub or small tree with clusters of oaklike leaves and, oftentimes, yellow berries.



Poison Sumac
A tall, rangy shrub, poison sumac has seven to 13 smooth-edged leaves. It often has cream-colored berries.

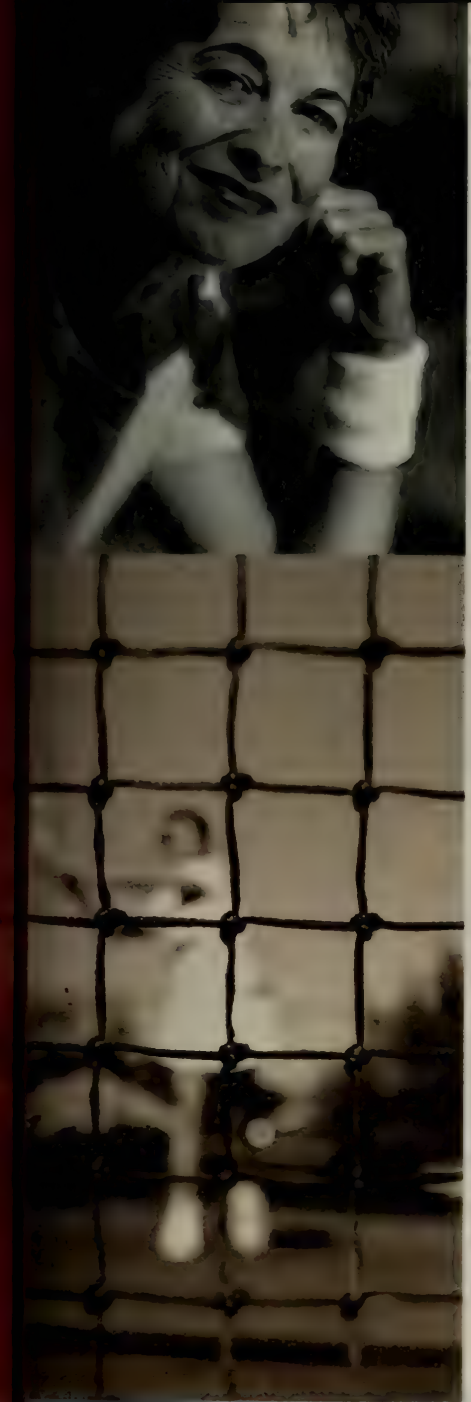
After menopause,

women have

a new choice

to prevent osteoporosis.

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Now that you're through with menopause, your body makes 80% less estrogen. Losing estrogen can mean losing bone. Left untreated, that can lead to osteoporosis. But now there's a new way to prevent osteoporosis: Evista.

Evista isn't a traditional hormone. It's a SERM: Selective Estrogen Receptor Modulator, and it's been tested in clinical trials with over 12,000 women worldwide. In most women, Evista preserves bones and helps keep them strong. And while it preserves bones, it may also help lower cholesterol. Evista can even increase bone mass – though not quite as much as estrogen replacements.

Importantly, women taking Evista had no increased risk of breast or uterine cancer in studies of up to three years. And most women didn't get the bleeding, bloating, and breast tenderness often associated with estrogen replacements.

Evista is for the prevention of osteoporosis in postmenopausal women. If you are Caucasian or Asian, have a slender build, do not exercise, or have a family history of osteoporosis, you may be at increased risk. Also, if you don't get enough calcium in your diet, you should take calcium supplements. Your doctor will tell you that Evista will not help with hot flashes and its effect on fractures is not yet known.

If you are or can still become pregnant, have liver problems, or have had blood clots that required a doctor's treatment, Evista is not for you. Similar to estrogen replacements, taking Evista may increase the risk of these clots – being immobile for a long time adds to that risk. The most commonly reported side effects of Evista were hot flashes and leg cramps, although most women didn't find them serious enough to stop taking Evista.

Ask your doctor about Evista. It's available by prescription only. For more information, call toll-free 1-888-384-7823, visit www.evista.com, and read the next page. Because now you have a new choice.

EVISTA®
raloxifene HCl

There's life after menopause.™

Lilly

INFORMATION FOR THE PATIENT
EVISTA® (e-VISS-tah) Tablets
Generic name: raloxifene hydrochloride

Important Information for Patients Using EVISTA for the Prevention of Osteoporosis after Menopause

Please read this information carefully before you begin taking EVISTA. It is important to read this information each time your prescription is refilled in case new information is available. This summary does not tell you everything about EVISTA. Your doctor is your best source of information about this medicine. You should talk with him or her before you begin taking EVISTA and at regular checkups.

What is the most important information I should know about EVISTA?

EVISTA is for use only by women after menopause to prevent osteoporosis.

If you are pregnant or can become pregnant you should not take EVISTA because it could harm your unborn child.

Do not take EVISTA if you have or have had blood clots, if you will be immobile for a long time or if you have liver disease.

What is EVISTA?

EVISTA is a medicine used by women after menopause to prevent osteoporosis (thin, weak bones).

How does EVISTA work?

In most women, EVISTA stops the loss of bone that often occurs after menopause. EVISTA acts like estrogen on the bones, although it builds bone to a lesser extent than estrogen. It is not known if EVISTA prevents fractures. EVISTA does not act like estrogen on the breast or uterus.

What does EVISTA not do?

EVISTA will not treat hot flashes (see **What are the possible side effects of EVISTA?**).

EVISTA does not stimulate the breast or the uterus. This means that some of the common side effects of estrogen, such as spotting or menstrual-type bleeding and breast tenderness, may be avoided. EVISTA did not increase the risk for breast cancer or cancer of the lining of the uterus in clinical studies up through two and one-half years.

Who should not take EVISTA?

Do not take EVISTA:

- unless you have been told by your doctor that you have passed menopause. EVISTA is for use only by women **after menopause.**
- **IF YOU ARE OR CAN BECOME PREGNANT BECAUSE IT COULD HARM YOUR UNBORN CHILD.**
- if you have or have had blood clots that required a doctor's treatment. These may include clots in the legs, lungs or eyes (thrombosis or phlebitis). Taking EVISTA may increase the risk of these blood clots. These clots can cause serious medical problems, disability or death. If there is anyone in your family with a history of blood clots, or if you have congestive heart failure or active cancer, you should discuss this with your doctor.
- if you have liver disease, unless your doctor says it is all right to take EVISTA.
- if you are allergic to EVISTA or to any ingredients in it.

How should I take EVISTA?

- Take one EVISTA tablet once each day.
- EVISTA can be taken with or without food and at any time of the day.
- If you miss a dose, start taking the medicine again as soon as possible, on your normal schedule. You do not have to make up for the missed dose.

It is important to keep taking EVISTA for as long as your doctor prescribes it. EVISTA can prevent osteoporosis only if you take it regularly.

EVISTA has been prescribed specifically for you by your doctor. Do not give your medicine to anyone else, even if they have a similar condition—it may harm them.

What should I avoid while taking EVISTA?

While taking EVISTA, you should avoid :

- being immobile for a long time, for example, staying in bed after surgery or prolonged bed rest. Being immobile may increase the risk of blood clots (such as clots in the legs, lungs, or eyes). You should stop taking EVISTA at least 3 days (72 hours) before you plan on being immobile for a long time. EVISTA therapy should only be started again after you are back on your feet and fully mobile (see **What are the possible side effects of EVISTA?**). When traveling for long periods, it is important to get up and move around periodically.
- taking any form of estrogen therapy that comes as a pill, patch or injection.
- taking the cholesterol-lowering medicine cholestyramine.

Ask your doctor if there is anything else you should avoid while taking this medicine.

If you are taking warfarin or other coumarin products (blood thinners), your doctor may need to check your prothrombin time ("pro-time") and adjust your medicine when you first start taking EVISTA.

You should tell your doctor if you are taking any other medicines.

What are the possible side effects of EVISTA?

A rare, but serious, side effect with EVISTA is blood clots in the veins. These blood clots can prevent blood flow and cause serious medical problems, disability or death.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- pains in the calves or leg swelling (this can indicate blood clots in the legs).
- sudden chest pain, shortness of breath or coughing blood (this can indicate blood clots in the lungs).
- changes in vision (this can indicate blood clots in the eyes).

If you have these or any other problems while taking EVISTA, contact your doctor or pharmacist as soon as possible (see **What should I avoid while taking EVISTA?**).

Patients taking EVISTA had a higher occurrence of hot flashes than patients taking a placebo (sugar pill). The incidence on placebo was 18%, and the incidence on EVISTA was 25%. Most patients noticed this side effect early in their treatment. It was unusual for patients to develop hot flashes after the first 6 months of treatment.

Patients taking EVISTA had a higher occurrence of leg cramps than patients taking a placebo (6% versus 2%, respectively).

Like all medicines, EVISTA may cause side effects in some patients. This summary does not include all possible side effects with EVISTA. Your doctor has been informed of other complaints reported during clinical trials. Complaints that were reported about as often with placebo (sugar pill) as with EVISTA are not discussed here. It is important to talk with your doctor about possible side effects. If you want to read more, ask your doctor or pharmacist to give you the professional labeling.

Most patients tolerate treatment with EVISTA very well. The majority of side effects in clinical trials with EVISTA have been mild. They did not usually cause patients to stop taking the medication.

What should I know about osteoporosis?

Your bones are constantly being rebuilt. First, old bone is removed, then it is replaced with new bone. This process keeps your skeleton healthy and strong.

When the ovaries stop producing the female hormone estrogen and a woman enters menopause, the body changes in many ways. For example, bone may be lost faster than it can be replaced, causing the bones to grow thinner and weaker. This thinning of the bones is called *osteoporosis.*

At the start, osteoporosis has no symptoms. However, as it gets worse, it can cause broken bones (fractures) leading to pain and disability. Fractures due to osteoporosis often occur in the spine, hip or arm. Fractures of the spine are often painful, and over time they can cause height loss and deformity. The spine can curve and the body can become bent over.

In addition to EVISTA, your doctor may recommend other ways to help prevent osteoporosis. These may include taking calcium or vitamin D supplements, getting certain types of exercise, quitting smoking and drinking less alcohol.

Other Important Information

If you experience any of the following conditions during treatment with EVISTA, please contact your doctor:

- swelling of hands, feet or legs
- abnormal bleeding from the vagina
- breast pain or enlargement
- pregnancy

EVISTA also lowers the blood level of total and LDL ("bad") cholesterol; it does not raise triglycerides or HDL ("good") cholesterol.

Unlike estrogens, EVISTA does not stimulate the breast or the uterus. If you experience vaginal bleeding or breast symptoms, you should see your doctor.

Keep this and all medicines out of the reach of children. In case of overdose, call your doctor, hospital or poison control center immediately.

This summary gives you some important facts about your medicine. If you have any questions, ask your doctor. If you want to read more, ask your doctor or pharmacist to give you the professional labeling.

Literature issued December 11,1997
PA 2090 AMP [121197]
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USA

EVISTA® (raloxifene HCl)

It's a Jungle Out There

continued from page 127

chemicals were used, but they said the ones "most likely to be used" in the study area included carbaryl and Diazinon. Pesticides, some of which linger in the yard for up to 20 years, enter the body through the lungs and skin.

Yet gardening experts from a variety of climate zones say you don't have to use all that poison if you choose organic alternatives or adopt some simple techniques. Here are a few of their tips:

• **Be vigilant and don't overreact.** If you make quick daily rounds through the garden and yard you'll most likely notice the arrival of those first few mealybugs. And if you see one or two, don't automatically assume there's an army. There may be no reason to spray at all.

The oldest form of biological control is just going in with your finger and knocking pests off, says Pearson. "After the brush-off, bugs often don't return to the plant," she says. Pearson suggests getting your kids or grandkids to secure the garden. Pay them a nickel per critter flicked.

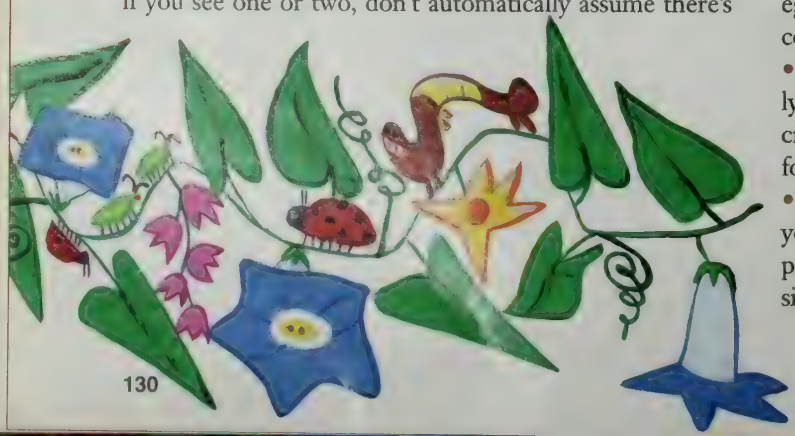
• **Aphids hate to get wet.** Periodically hose down the infested plants.

• **Carefully time your crops.** "If you know your insects and their life cycles, then you know when they're likely to appear on the scene," says David W. Bradshaw, a horticulture professor at Clemson University. For example, cutworms and aphids tend to languish in the hotter days of summer. And if gardeners delay planting their pumpkins until the Fourth of July, they'll have bypassed the egg-laying season for pumpkin-munching pests. Call your county extension agent for help on a planting timetable.

• **Keep pests guessing.** Practice crop rotation, especially in your vegetable garden. Repeatedly planting the same crop in the same spot creates a hospitable environment for the diseases and bugs that enjoy that specific plant.

• **Remember that garden bugs have specific tastes.** If you discover a swallowtail caterpillar nibbling on your parsley, chances are you don't need to spray the geraniums sitting beside it.

continued on page 132



ow do you get a kid with allergies back outside?



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It's a Jungle Out There



continued from page 130

• **Use organic solutions.** Both soap and oil sprays, available at most garden centers, can smother pests. Experts stress to read the directions before applying. Coating a plant in oil during the hottest days of summer could burn the foliage. One drawback: Oils and soaps usually kill only those bugs on the plant at the time of spraying. New arrivals after application will eat to their delight.

Gardeners also can use Bacillus thuringiensis (Bt), an insecticide made from caterpillar disease. Like oils, Bt breaks down quickly in the environment, within 24 to 48 hours. "It won't hurt your pets or your kids or the honeybees...and it's safe for herbs as well," says Mary Louise Flint, an extension entomologist with the University of California at Davis. "I believe that for 95 percent of the insect pests you have in your garden and landscape, you shouldn't need anything more toxic than Bt, insecticidal soaps, and oils," she says.

If you use pesticides, be careful and follow these EPA guidelines: Wear thick gloves and a shirt with long sleeves. Be sure to read the entire label, even though the microscopic print seems to be written for a spider's eyes. Don't inhale any fumes or mist. Also, wash your hands with soap when you're done, and launder the clothes worn during application.

"You can't assume that just because it's registered with the EPA that it's safe," says Jay Feldman, executive director of the Washington, D.C.-based National Coalition Against the Misuse of Pesticides. "All pesticides are poisons and everyone should handle them as such."

Besides insects, gardeners must also battle fungus. Many people choose a poisonous fungicide for the task, but Cindy Ash, director of scientific services at the American Phytopathological Society, says fungicides are a temporary crutch. "If you do things right, you will very rarely need a fungicide," she says.

Here are some things to do right:

• **Keep plants dry.** Water in the morning so plants have the rest of the day to dry off. Less frequent watering decreases the chance of plants getting fungus. When watering with a sprinkler, apply about one inch at a time, then wait several days, depending on the temperature.

• **Thin plants by pruning, so air circulates through the foliage.** Be sure to space your plants as recommended; don't crowd them. And don't put thirsty plants beside ones that require little water.

Remember, fungus can travel from plant to plant via your hands or a tool. Clean everything after it's been near a fungus-filled plant.

Organic Standards Sprouting

Eating "organic" makes us feel good about our health and the environment. But there's no national standard defining what the term "organic" means.

Most states have no rules governing which foods can be labeled organic and which cannot. To protect consumers and provide guidelines for farmers, the United States Department of Agriculture (USDA) is currently working on national standards for the production, certification, and labeling of organic foods.

Last year, the USDA released proposed regulations for a National Organic Program. But instead of clarifying the term "organic," critics say the proposal weakened standards and muddied the term's integrity.

"We strongly believe that the proposed rules are not compatible with current organic practices," says Katherine DiMatteo, executive director for the Organic Trade Association.

Most of us think organic foods are grown without—and on land that is free of—synthetic pesticides or fertilizers. This also includes crops fed to meat and dairy livestock. We further assume that this food has been minimally processed without the use of synthetic preservatives or additives.

Compare this to the USDA's current proposal which would allow the following foods or food products to be labeled as organic:

- crops grown with municipal sewer sludge for fertilizer
- genetically engineered plants
- livestock that has been fed non-organic feed and antibiotics
- foods treated with irradiation

A chilly reception to these ideas has sent USDA officials back to the drawing board, searching for a standard that will be widely accepted.

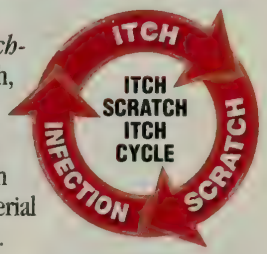
Once the revised standards are in effect (possibly next year) all agricultural products sold in the U.S. labeled "organic" will have to comply with the regulations. "Then," says Bob Anderson, Chair of the National Organic Standards Board, "everyone will be able to see the word organic and know that it means the same thing. The new laws will give consumers confidence that when they buy organic foods, they are getting what they paid for." ♦

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The itch killer that's a germ killer, too!™

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

A Better Foxglove

Foxglove fanciers who can't be bothered with biennials turn instead to *Digitalis grandiflora*, a perennial version of this cottage garden classic. And where most foxgloves spire higher—up to 6 feet—this restrained charmer tops out at half that size, making it much more adaptable in the bed or border. Bonus: *Grandiflora* is also hardier than its garden-variety cousins, braving even winters of 30-below-zero temperatures. While its yellow "gloves" are paler than the hybrids, we think this is a plus. Try pairing its gray-green foliage with the chartreuse of lady's-mantle.





Our favorite foxglove feels at home in filtered sun or light shade.

To order, see page 141

TEST GARDEN TIP

Forever and a Daylily

To keep your daylilies pumping out flower after fleeting flower, be sure to deadhead them. That is, remove the faded blooms so that the plants direct their energies into producing new flowers instead of setting seed. Grab the greenish base of the withered blossom and snap quickly and decisively. Varieties such as Stella de Oro (*right*) will continue to blossom until frost if you have the stamina to keep this up as long as they do.

continued on page 137





ny owners don't see their dog as heavy, but in truth nearly 60% of adult dogs are overweight, are likely to get that way due to their age or activity level. You can help your dog manage his ght with Purina® Fit & Trim® brand Adult Dog Food. It provides 100% complete and balanced nutrition for adult dogs, h 15% fewer calories, 30% less fat and 33% less salt than the leading dry dog food–and a taste s love. Plus, Fit & Trim features Ulti-Pro™, Purina's enhanced protein system. For more information, it our web site (www.purina.com). Remember, as veterinarians will tell you, heavy isn't healthy.



Heavy Isn't Healthy.

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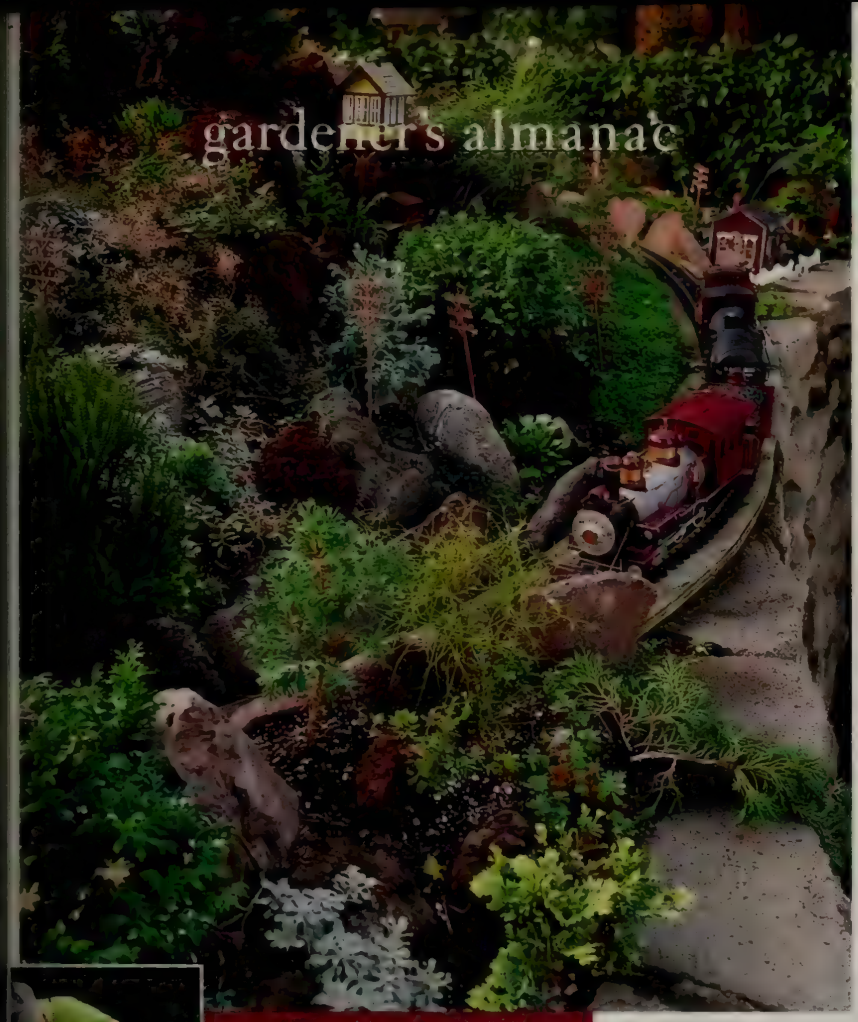
Do the math: Regular Charmin is 1-ply. Quilted Northern is 2-ply. Now get this—they cost about the same. Of course, Charmin makes a 2-ply toilet tissue, but it costs more than Quilted Northern's 2-ply.



Why would anyone pay more for a toilet tissue that's slower at pulling moisture away? We have no idea. But there's one thing we do know: When you choose Quilted Northern you'll feel smarter about your decision.



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Judith's garden in Beaverton, Oregon, is dotted with cleverly recycled handmade buildings. The church was a birdhouse, the train station an old mailbox, and the water tower a cashew can she fitted with a store-bought roof.

LOOKING GOOD

Her Train Terrain

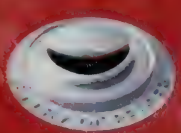
Judith Hinamon got tired of mowing "that last wad of grass" and decided to put in something a bit more fun—a train set. But her garden train would not be set up at ground level, hard to see and harder to work on. No, no. She built up a large, waist-high berm and started her landscape within arm's reach: a farm, a park, a lover's lane, even a trestle that spans a waterfall, which spills into a pond. "It kind of snowballed," she says. She plants her little community with dwarf conifers and bonsai maples. In keeping with the small scale, she also uses fine-foliaged heathers and tiny-leaved ground covers, such as baby's-tears. And when she gets that locomotive going, she turns up Judy Garland's "On the Atcheson, Topeka, and the Santa Fe."



continued on page 139







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Branching Out

Interior design store owners Linda Weiss (*left*) and Ron Gawith personalize their garden with rustic structures they fashion of felled trees and pruned branches from their Vashon Island, Washington, property. It looks charming, it costs zip, and they get a kick out of designing and working together. The division of labor, according to Linda: "He's Mr. Structure. I get to plant it, so I get the fun part. Well, he thinks *he* has the fun part, so it's a great match." Their daughter Melissa helped Dad lay a cedar-lined garden path (*see inset, page 140*) as a gift for Mom. Says Linda, "We still call that the Mother's Day path."

continued on page 140



"With all the holes you can eat more."

Nestlé Pretzel Flipz

ROLD GOLD



Branching Out

continued from page 139



Linda's dining area (*far left*) overlooks Puget Sound. Fragrant wisteria, grapes, and honeysuckle climb the timber. The path (*left*)—of concrete pavers, pea gravel, and cedar—connects one garden to another.



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TOPS IN TASTE

Want to try the eight varieties of tomatoes that were voted tops in our taste-testing, as seen in the story on *pages 151-156*? Here's the place to get them!

Some of the varieties can be difficult to find, so we've done the shopping for you. Then we asked our friends at Papa Geno's Herb Garden to grow for you eight carefully propagated plants with well-developed roots.

Each **Top Tomatoes Collection** contains one plant each of Amish Paste, Tommy Toe, Yellow Brandywine, Sungold Cherry, Super Sweet 100, Unas Yellow Cherry, Ruby Cluster, and Green Zebra. They will be shipped to you in 2½ x 3½-inch pots and will be about 3 to 5 inches tall. Tips for transplanting to your garden are included. The price of the collection is $47.95, which includes shipping, handling, and applicable sales tax. *Sorry, we are unable to ship to Alaska, Hawaii, Puerto Rico, Canada, or Mexico.*

Shipments will be made via Priority Mail from May 26 to June 9, 1998. **Please order early; the availability of collections is strictly limited, and we fill orders on a first-come, first-served basis.**

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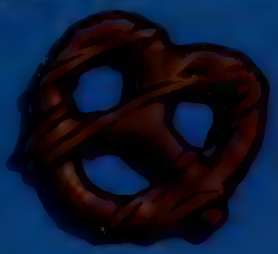


SPECIAL PLANT OFFER

Our Editor's Choice, the **Yellow Foxglove** (*Digitalis grandiflora*), is a true perennial, coming back year after year to show its stuff. (See story, *page 134*.) Spires reaching 3 feet tall are topped with creamy yellow bells accented with brown speckles. It does well in Zones 3 through 8. From Carroll Gardens, our collection contains three plants—each about 3 inches tall at the time of shipping for fall planting (September 15 to November 15, 1998). Each collection costs $29.95, which includes shipping, handling, and applicable sales tax. **Please order early; quantities are limited and we accept orders on a first-come, first-served basis.** *Sorry, we are unable to ship to Alaska, Hawaii, Puerto Rico, Canada, and Mexico.*

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"I can't decide why I like them, I'd better try some more."





So Irresistible You'll Make Up Excuses To Eat 'em.

WHAT'S YOUR EXCUSE?

©1998 Nestlé

If you don't inject a bit of yourself into the garden, your yard will look just like every other yard. So relax a bit. Forget the rules. Because gardening is supposed to be fun. Sometimes it's even funny.

Keith Jones' absurd herd frolics among the ferns (*right*). Shannon Quimby's iridescent Adirondack seating (*below*) contrasts with similar—and paler—versions. Shannon collects pieces for her Oregon garden at junk shops, garage sales, even trash piles. She found one of the stone bunnies buried in her yard.

the Good-Humored Garden



by Craig Summers Black

When Keith Jones got his first pink flamingos—two plastic absurdities—he knew he had to breed them. "Now, about the time of my birthday each spring, they give birth," he says with a grin. Most of Keith's Portland, Oregon, garden is Zenlike and serene, so visitors get a good giggle from his gonzo combo of beauty and the beasts. Fellow Oregonian Shannon Quimby also thinks pink: She paints her outdoor furniture in a startling color.

continued on page 144



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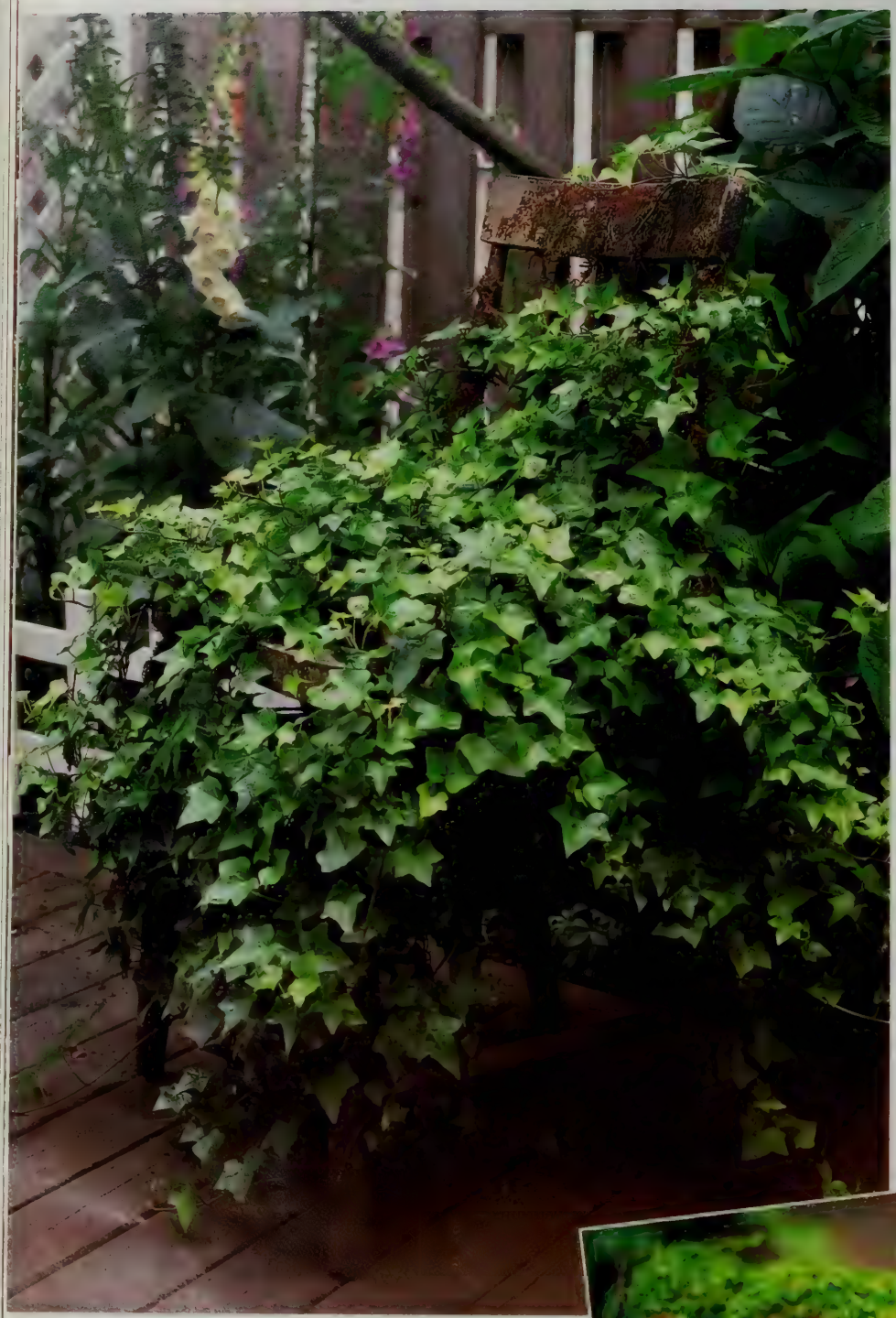
PROVEN TO DRENCH YOUR SKIN WITH MOISTURE

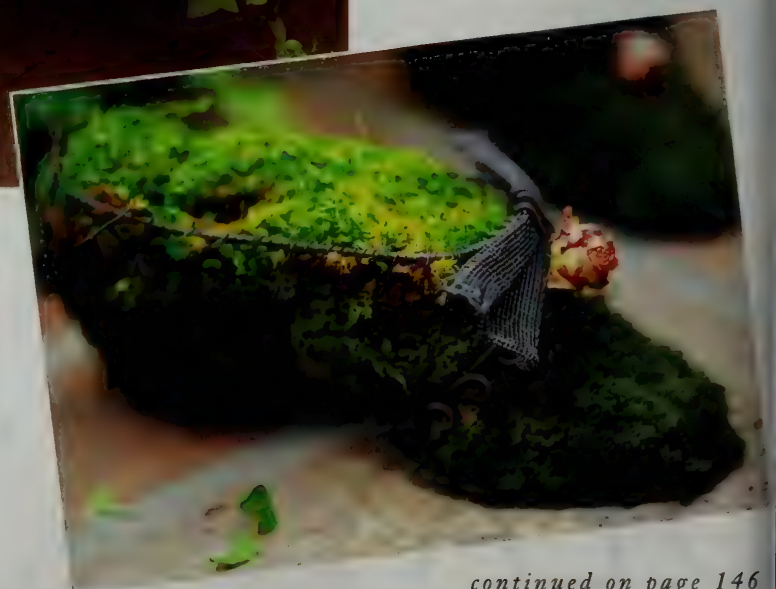
Clinical tests among women 18-35 saw a significant reduction in visual dryness.

the Good-Humored Garden

Candy Moger says she never actually goes out looking for her garden treasures. She just kind of stumbles across them. "I love to find something old and worn out and give it a new lease on life," says Candy, a Seattle gardener. "Most of the time I just see something somewhere and it will give me an idea. Sometimes, too, I drag something home that turns out to be totally wrong—and it ends up at *my* garage sale."

Maryly Benzian, a garden designer in Coronado Island, California, goes a more sure-footed route, searching boutiques and art galleries for frames for her growing topiary collection.





Candy found this chair (*above*) at a garage sale for $2. Her husband, Ed, cut a hole in the seat and inserted a pot sprawling with ivy.

Maryly found these shoe topiary frames (*right*) at a seaside gallery and filled them with deer moss, ivy, and a fresh rose, which dries in place.

continued on page 146

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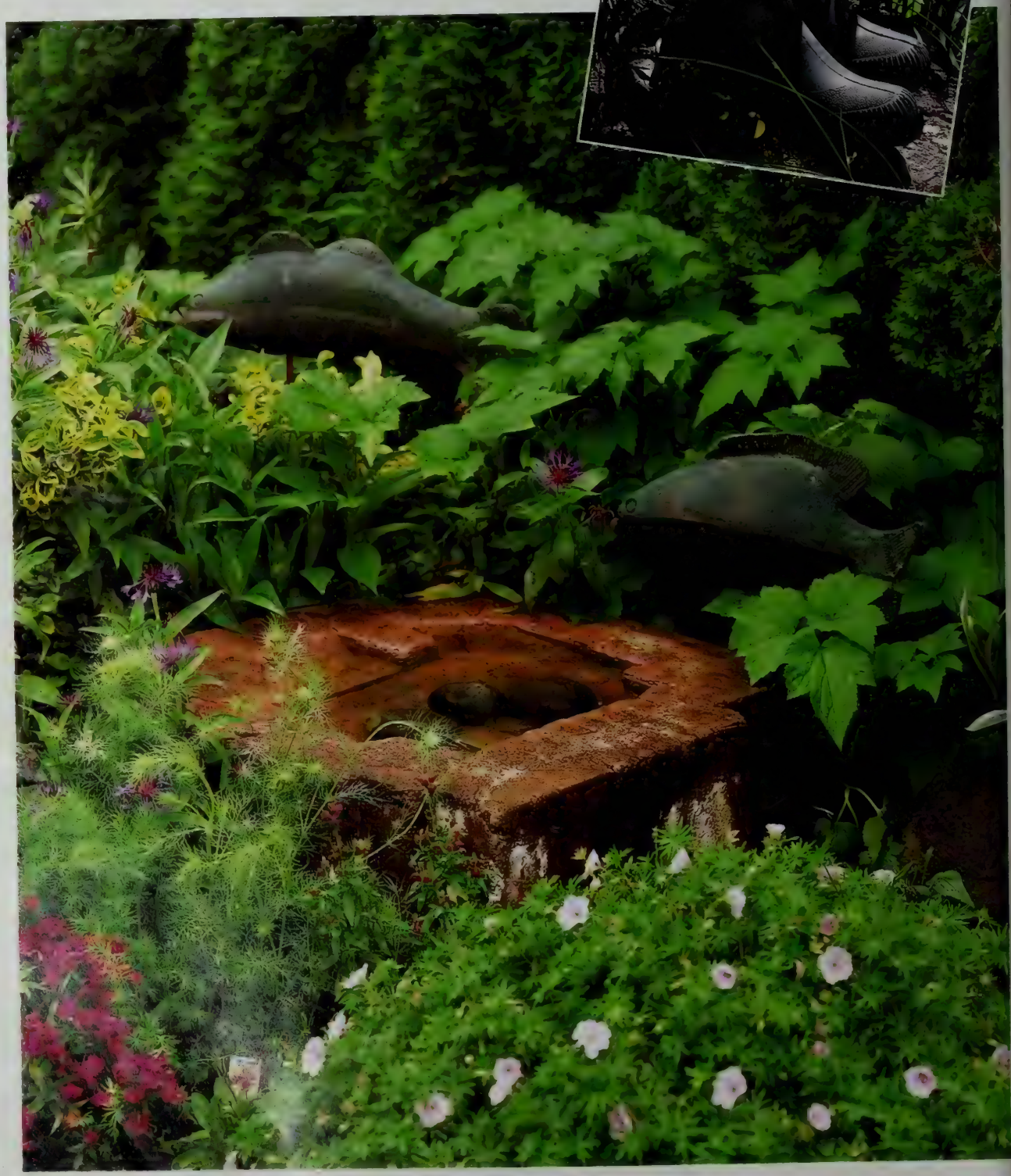
the Good-Humored Garden

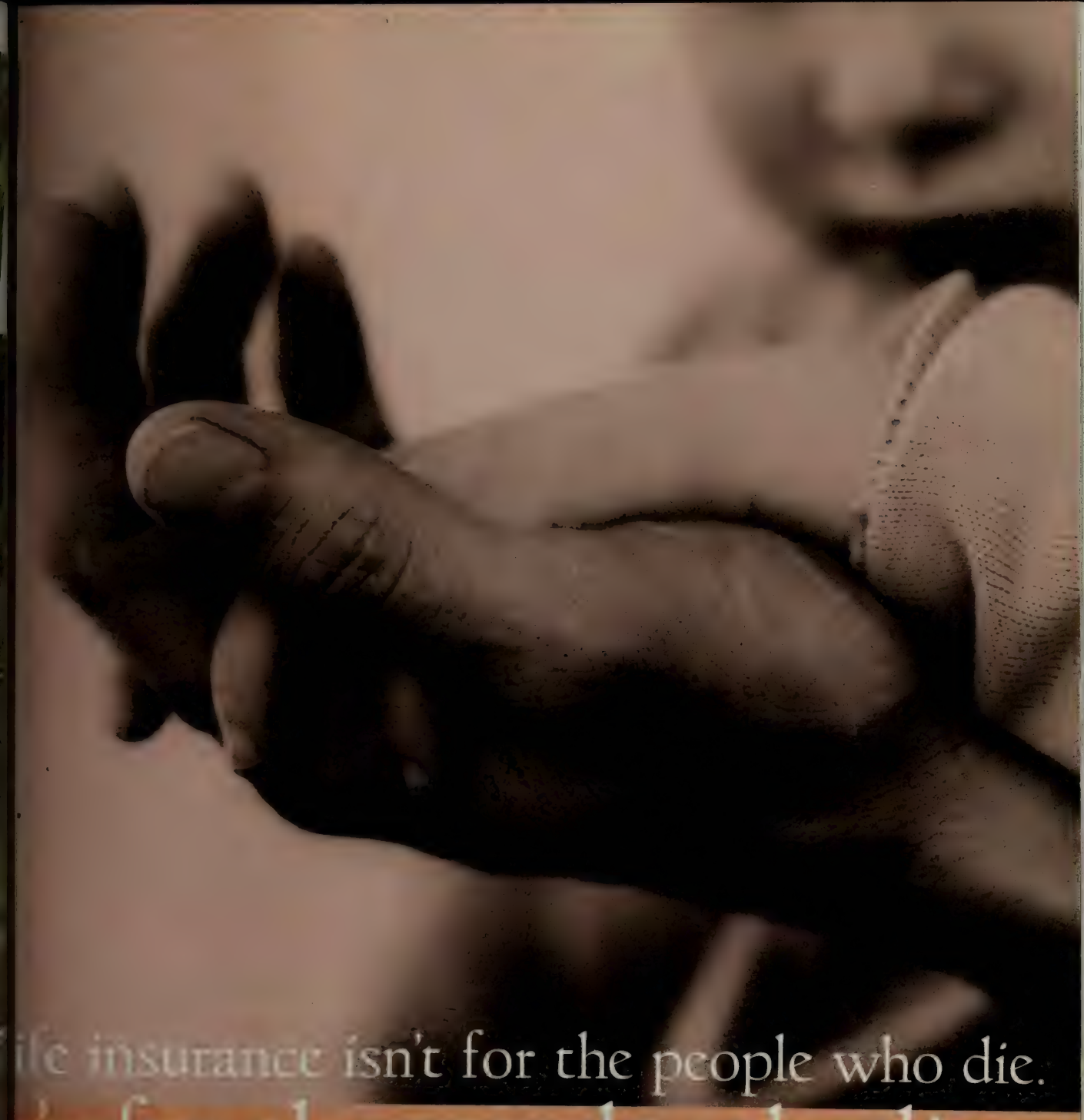
Salmon swim upstream by the water basin in Stephen and Meg Carruthers Portland, Oregon, garden (*below*). The sculptures were made by a local artist.

Bob Clark and Raul Zumba have salted their Oakland, California, garden with little jokes. Rubber boots (*right*) are meant to function as a water feature.

continued on page 148







ife insurance isn't for the people who die.
's for the people who live.

aul's wife died six months after their son was born. Because she had enough life insurance, Paul was able to work part- and be home with their son, Matt, as much as possible.

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the Good-Humored Garden

For many gardeners, the focal point in their backyard is a swing set. Why fight it? It's you. And if playground equipment is not quite the personal statement you envision in your ultimate garden, try growing a vine or two (or four) up the set's legs in the meantime.

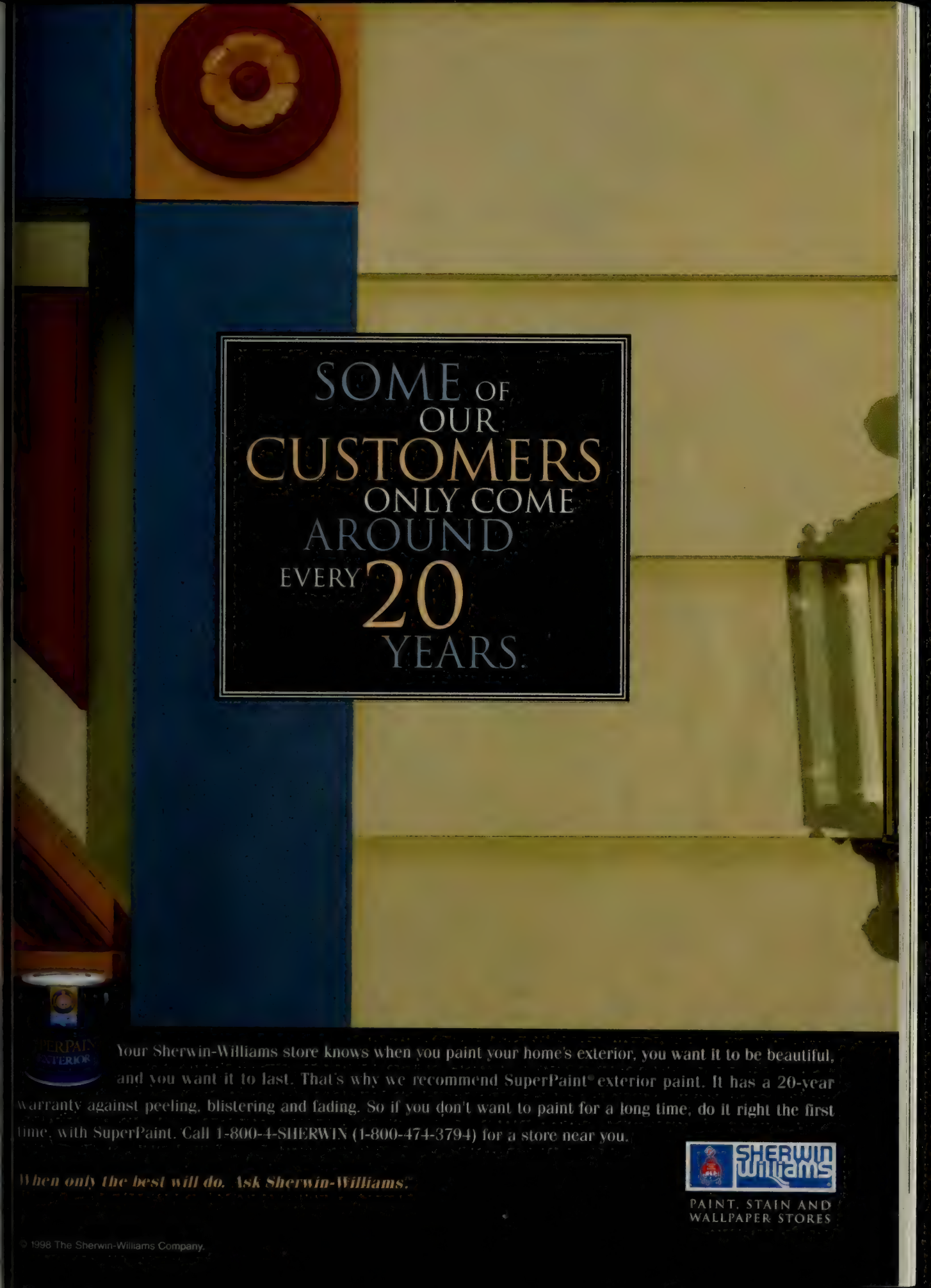
Or maybe there's something you love beyond words, something silly or sentimental, that you have tucked away in the attic. We say put it in your garden. Especially effective are remnants of once-proud gates or orphaned architectural details, like stone columns.

Legions of terra-cotta creatures (*left*) are dotting the landscape this season, some craftily wired together by gardeners, and some simply purchased at the nursery. But why go prefab? Only homemade assemblages can give your garden a unique character.





In Barbara Moritz's Clackamas, Oregon, garden, a pot angel she named Priscilla (*above*) cradles a basil bouquet. The angel hair is creeping baby's breath. The dog, Bear (*right*), has fur of blue fescue and moss.



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Tops in Tomato Taste

by Craig Summers Black

Taking a bite of your first home-grown tomato is a bit of a revelation. "So *this* is what gardening is all about. It's so *easy*. And this tomato—the literal fruit of my labor—is *so* much better than store-bought." Then you will want to try growing more tomatoes—*other* tomatoes. Big ones, small ones. Yellow, green, pink, even purple ones. And the more you grow, the more you taste. *Yum.* Why not share your epicurean epiphany?





1. AMISH PASTE

While paste tomatoes usually rank low in flavor because of their meaty dry flesh, this is a remarkable exception. The large acorn-shaped fruit is juicy enough for slicing and salads. David calls it "the best multiple-use tomato I've found among the many hundreds I've grown." Our taste testers' rating (averaged on a scale of 1 to 10): 7.8.

2. TOMMY TOE

This scrumptious heirloom red cherry sometimes goes by the name of Steakhouse. It's newly reintroduced to the market and is difficult to find, even in specialty catalogs. Rating: 7.5.

1

2

The *BH&G*® Garden Guys and David Cavagnaro invited a group of friends over to taste the riches of David's garden in Decorah, Iowa. David, who has grown and saved seed from nearly 3,000 heirloom tomato varieties, presented the best of the season to a dozen tasters. Some, like Jim Stevens, a beekeeper who grew up on a farm, were already well-versed in tomato taste-offs. Others, such as store owner Kelley Martin, were only dabblers. But after the last tomato slice was consumed and the final tomato seed patted from the lips with a paper napkin, the consensus was unanimous: Hey, this was *fun*. "It was great watching the faces of the other people as they tasted all these different varieties," says Kelley. "My son Christopher tried everything, and you know how kids and vegetables can be."

Tops in Tomato Taste





3. YELLOW BRANDYWINE

No surprise here: Brandywines, with their luscious old-time tomato taste, always rise to the top of tomato taste tests. Brandywine also comes in pink and red, and while the three colors make a picturesque medley on the table, you'd have to have an expert palate to differentiate between their creamy tastes. Rating: 7.4.





Tomato-tasting parties are not scientific panels. While it's informative for the group to tally its findings and rank them, no list can be definitive. "I've seen varieties from the bottom of one year's list rise nearly to the top in a better growing year," says David. Just as some growing seasons are better than others, some soils and climates are more conducive to some varieties than others.

For example, the pink Brandywine tomato consistently rates tops in taste. But this venerable heirloom requires a longish growing season and it didn't quite pop in time for our tasting. The yellow Brandywine, however, was ready for some reason, and it weighed in near the top of our popularity contest. Amish Paste hit No. 1 in our taste test, as it has in countless others.

One thing your ratings can do is clue you in on your favorites (and those of your family) and let you know which tomatoes thrive in your growing conditions. Sometimes modern hybrids, while lacking cachet, inch up lists because they are bred to grow pretty well pretty much everywhere.

As David says, "This was a fairly mediocre tomato-growing year. If any year proved the importance of maintaining garden diversity, this was it."

Then again, you can always hit the local farmer's market.



4. SUNGOLD

Sungold is an exceptionally sweet cherry with a vivid orange color. It's a modern variety that fruits heavily and bears early.
Rating: 7.2

5. SUPER SWEET 100

Here's another modern cherry, and it almost tied for the No. 4 spot. Like Sungold, Super Sweet 100 is prolific and grows tall, so it needs staking.
Rating: 7.0.

Tops in Tomato Taste

6



6. UNAS YELLOW CHERRY

Another cherry, another high ranking. Cherries—and also pear and plum tomatoes—are genetically closer to their small, wild ancestors, and so are almost always sweeter and richer in flavor than all other tomatoes. So naturally they usually top the lists in taste tests. Rating: 6.8.

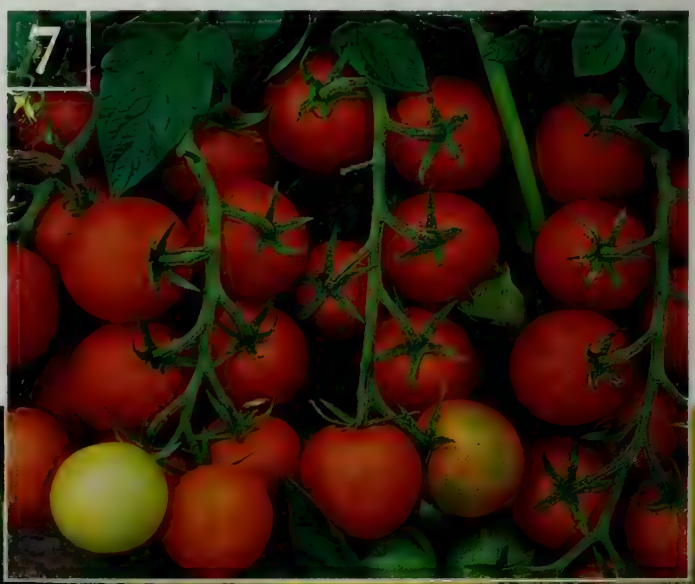


Tops in Tomato Taste

Jim, the tomato veteran, had his tastes confirmed in our test. He always grows Amish Paste, and he liked it best. But he also found he liked an oddity, this tomato's original wild ancestor, *Lycopersicum esculentum*, and he's going to try it. Kelley, who never knew there were so many varieties of tomatoes, says, "I was pretty impressed by everything there—and they were all so good to look at." ⌂

Buying information, page 79

To order a collection of these tomato plants, see page 141



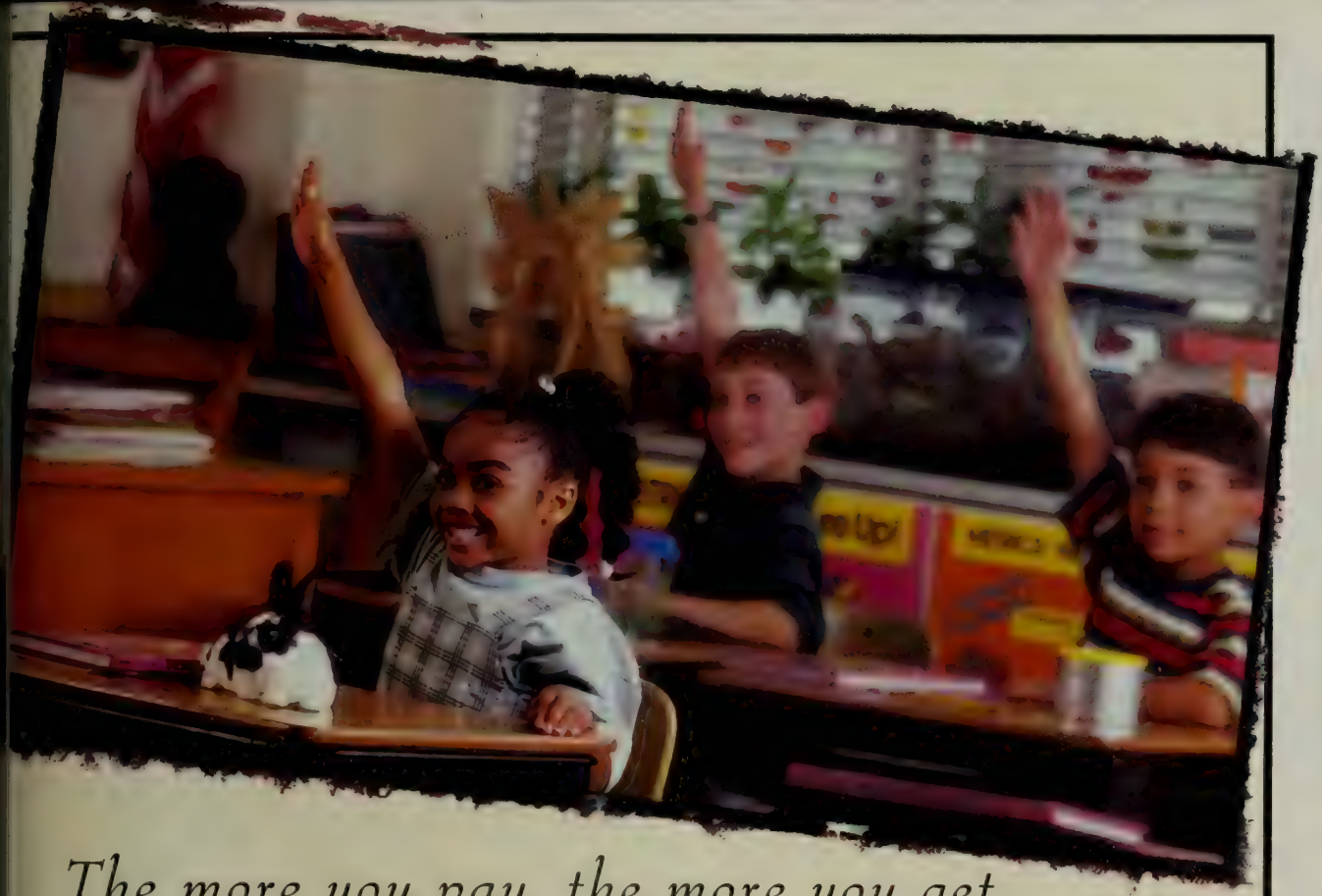
7. RUBY CLUSTER

This large cherry performs well in the hot and humid Midwest. Rating: 6.5.



8. GREEN ZEBRA

Yes, despite the color, this one is ripe. And not only is the color different, so is the size, measuring 2 to 3 inches across. Use this gold-striped wonder to landscape a salad. Rating: 6.3.



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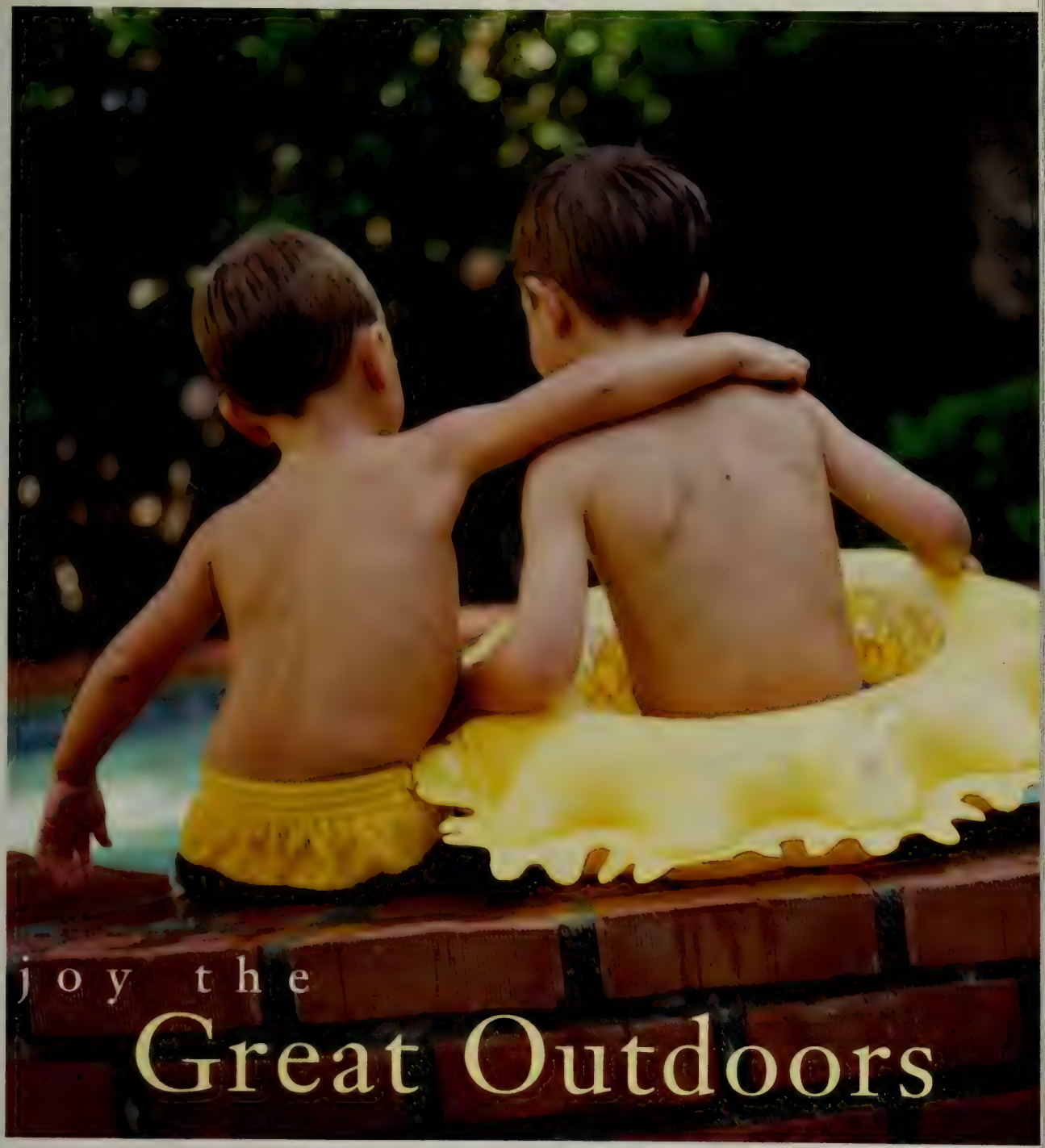


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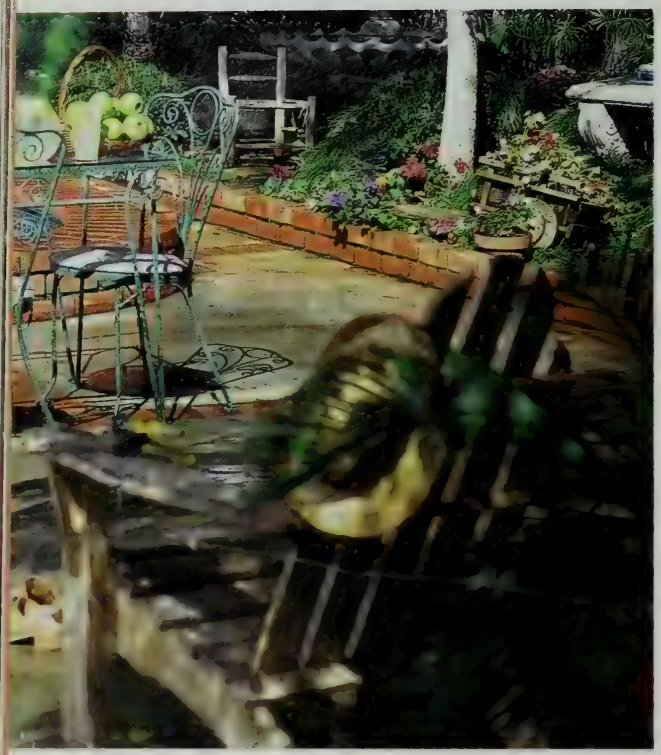


Enjoy the Great Outdoors

by Steven Mumford

Summer is here, the kids are home from school, and the sunshine is calling. So embrace the season and create an inviting outdoor space for family fun or tranquil escape. There's no better place than your own backyard.

up a garden path



Inset brick course work (*above*) livens up the concrete deck, and a raised brick curb helps keep debris from washing into the pool.

For centuries, meandering pathways have lured poets to stop, reflect, and walk roads less traveled. You can enjoy the same sense of escape if you apply the lessons of these California homeowners.

They gave their paths purpose and made them more than a means of getting from one place to another. Start anywhere on the network of trails and a curve may prevent you from seeing the beginning or the end. This makes the yard seem more sprawling since bends and wiggles only let you see a small section at a time. Also, the technique takes your focus off a faraway end point so you'll notice new things every stroll.

Benches and chairs (*right*) beckon you to sit and take in the lush surroundings. Add places to sit along your own pathways to encourage rest and reflection.

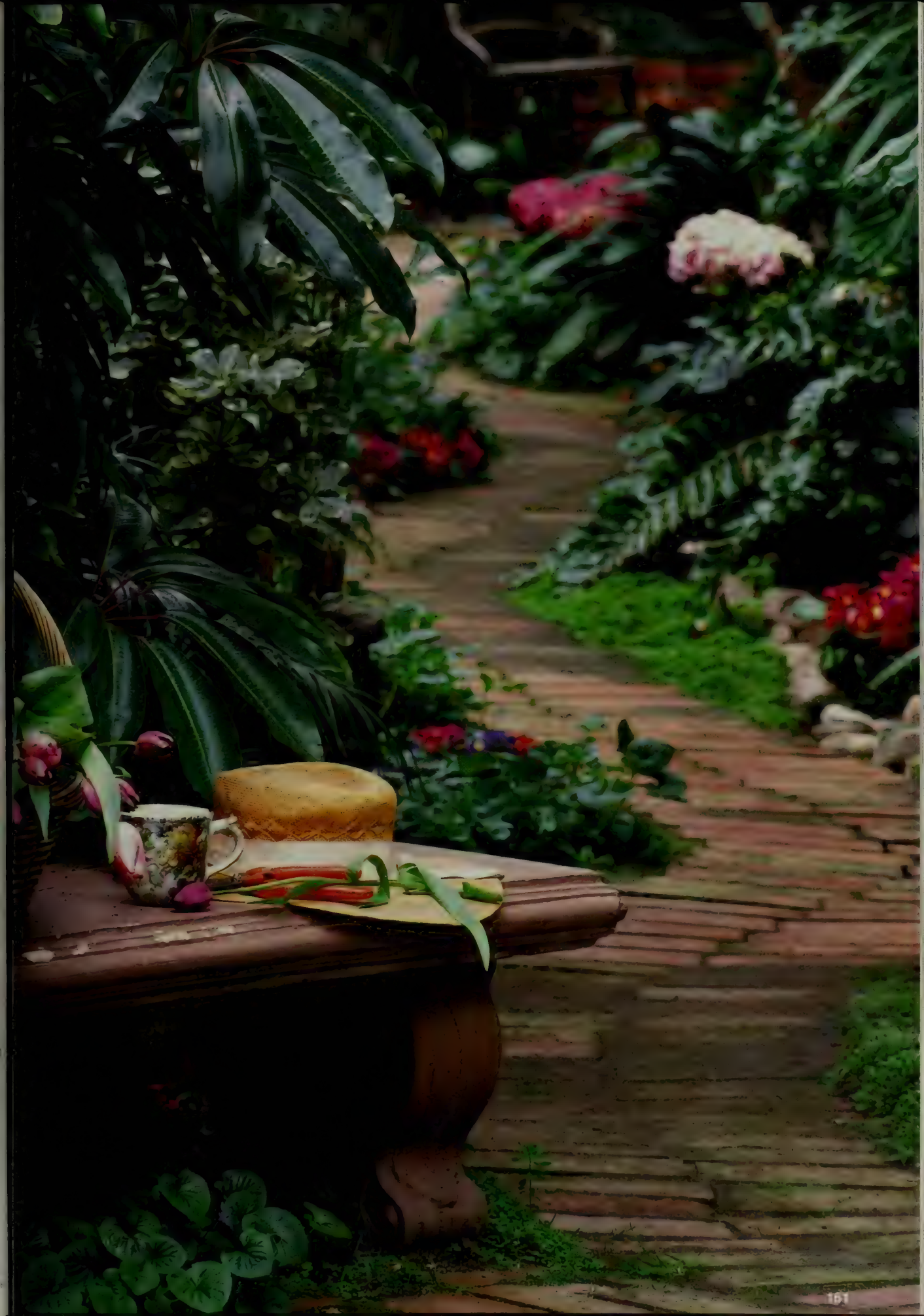
PHOTOGRAPHS: ED GOHLICH
ILLUSTRATION: GARY PALMER



PHOTOGRAPH: COLLEEN DUFFLEY

Kids and guests can gather around the pool, but when they're seeking shade or want to be alone, a web of winding paths (*right*) makes room for wandering.







home and away

Stretching your living space doesn't require adding on to your home. You can create new spaces *away* from your house instead. Here, a detached private patio (*right*) makes an ideal spot for relaxing, spending time together, or entertaining outdoors.

To make the space more alluring, the owners built a small pond and rimmed it with layers of stacked stone. The pond provides a home for six goldfish and a dozen koi. Along with the visual pleasures, recirculating water creates background music as the gentle splashing sound floats in the air.

Adding a pond (*left*) doesn't have to be difficult. Most garden stores sell kits, complete with plastic liners and water pumps.

PHOTOGRAPHS: ED GOHLICH; COLLEEN DUFFLEY.
ILLUSTRATION: GARY PALMER.
REGIONAL CONTRIBUTOR: ANDREA CAUGHEY





The pond's stacked stone ledge (*left*) is a fun place to sit when you want to dip your toes in the cool water and forget about the summer heat.

A brick path (*above*) leads from the back of the house to the patio. To maintain a sense of seclusion, the patio is set away from the house and surrounded on three sides by tall trees.

continued on page 165



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Enjoy the Great Outdoors

continued from page 163



The space beneath this large deck didn't go to waste. A doorway was built to access a large, covered storage space.

a rustic retreat

A deck should be more than a platform built from planks of wood. Make yours an extension of the house—an outdoor living space that reaches out and merges with the surrounding terrain. This deck uses multiple tiers, built-in seating, and a combination of lumber, stone, and concrete to create a smooth transition from indoors to a wooded backyard.

continued on page 166



How your deck functions is as important as how it looks, so define its purpose before you begin. After all, you should take the same care in planning a deck as you would planning a room addition or remodeling.

Here, built-in seating brings people together. Benches are grouped around a multipurpose fire pit where family and friends can gather to roast marshmallows or warm their hands on chilly autumn evenings.

When the fire isn't burning, the pit can be covered and converted into a coffee table, a footrest, or a seat suited for private chats.

The high-back benches offer comfortable seating and eliminate the need for railings. To maintain a clear view of the yard, the owners opted for lower backs on some benches.

The deck's floor is made of wood-polymer lumber manufactured from recycled wood and polyethylene. It's easy to maintain and won't ever splinter or rot.





The fire pit was built with concrete blocks and capped with sandstone. The blocks were then boxed in with a wooden veneer that matches the deck.

building a backyard

A steeply sloped hill left the owners of this Atlanta home with no backyard to speak of, so the couple—both professional landscape architects—built their own. Now, a two-tier deck provides space for outdoor dining and a private terrace that overlooks a creek and wooded ravine.

A focus on finish materials makes the deck feel as well trimmed as an interior room. Every step is backed by a riser that's painted white to match the railing, and the deck is made of stained cedar that's sanded smooth for barefoot comfort.

PHOTOGRAPHS: MARY CAROLYN PINDAR.
DESIGN: ALEC MICHAELIDES AND KENNETH LEMM, LAND PLUS. REGIONAL CONTRIBUTOR: RUTH REITER



The homeowners planned to paint the wooden caps on the rail posts white (*right*), but chose to leave them bare after seeing the pleasant contrast.



Ideal for entertaining, this deck features a built-in barbecue (*below*). Brick ledges on each side make room for food preparation and serving space close to the table.



The heavy timbers that support the porch (*above*) also frame a dramatic row of windows.



A skylight was installed in the roof of this north-facing porch (*right*) to make sure the inside space gets daily doses of sunlight.

When the summer sun gets too hot, homeowners and guests can step inside for a little shade. The screened-in porch serves as a transition space that offers the best of indoor and outdoor environments. Look out the bank of window openings into the leafy canopy and you might think you're in a tree house. But turn around and you'll know this room is for grown-ups, with comfy furnishings creating a charming place for quiet relaxation. The sound of bubbling water comes from a brick pool on the deck to make the mood even more serene. Lilies, hyacinth, and other water-loving plants thrive here.

Buying information, page 79



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outdoor family rooms

by Kristine Kennedy

Friendly porch living has always been a mainstay of Southern hospitality. So pull up a rocker, pour a glass of lemonade, and let these Southerners show you how to bring loved ones together in this trio of outdoor social spots designed for casual comfort and fun.

ONE...A porch on the side







An inexpensive floral sheet covers a round table (*far left*), making the side porch feel more like an indoor room. Throw pillows, covered with ticking and collectible kitchen towels, add dashes of color to the green scheme and remain outside most of the year. An occasional beating to get the dust out keeps pillows fresh.



On a main thoroughfare in the Old Village district of Mt. Pleasant, South Carolina, Carol and Craig Lund and their three daughters have long spent breezy evenings on the front porch chatting with each other and passersby. But as the girls grew older, the Lunds realized they needed a little more privacy and a lot more porch. So Craig, a manager with the Port of Charleston, built this 10×32-foot wraparound side porch (*left*) as an addition to the existing front porch (see *page 176*).

Carol, an interior designer and decorative painter, outfitted the side porch with side-by-side conversational areas. These areas stretch the space a little more and give the porch more flexibility, she says. Sisal rugs define the areas with texture, and rustic lodge benches anchor the seating groups. An old sewing machine table (in the foreground) and a dining table cut to coffee-table height (in the background) hold drinks and books. Children's chairs, painted white, accommodate pint-sized visitors.



door family rooms

The renovated front porch (*left*) is still the spot for ocking and people watching. To open up the 8×37-foot pace, the Lunds replaced brick pillars and wood olumns (the columns are now plant stands) with quared-off posts. The only chairs are rockers, which arol believes invite people to sit longer and socialize. he rockers were acquired at different times and unified ith the same shade of green paint. A tin box from an rmy barracks serves as a side table. Rugs aren't used ere because driving rain sometimes soaks the porch.

Outfitted with all the comforts found inside the home, his wraparound porch attracts the Lund family like a agnet. In addition to being a favorite spot for open-air inner parties and lunches, the porch is where the girls ossip with their friends, Carol relaxes with a book, and raig stretches out for a Sunday nap.





The front porch (*above*) is a social hot spot for all (back to front): the Lund's cousin Whitney Chappell, 13; family friend Chad Bennett, 18; dog, Emma; and 12-year-old twins Caroline and Sally Lund. Lara Lund, 17 (*left*), takes a beauty break on the side porch.

Varied heights add eye appeal to any space—even an outdoor one. Note the low pine bench (*far left*) used for plant and accessory display.

TWO...Melting into the landscape

Soft blue and green textiles ease this second-story sunporch into the lush treetops and open sky beyond. Interior designer Audrey Newsome enhanced her 1,100-square-foot Atlanta-area home with the 18×30-foot back porch addition—a space that stirs her memories of childhood gatherings. "It makes this feel like a house I grew up in," she says. Nostalgic white wicker, calm colors, and a limited use of pattern make this outdoor room serene for Audrey and unpretentious for her frequent guests. Throw rugs define the two sitting areas. Other pieces were chosen for durability: the tile-top iron table in front of the swing (*right*) is easy to clean, and a teak reproduction armoire (*below*) will age gracefully when exposed to the elements. Numerous shade-tolerant plants soften the porch's edges.



PHOTOGRAPHS: RONNIE OWINGS
REGIONAL CONTRIBUTOR: LISA MOWRY



Audrey's goddaughter Margaret Hannah, 13, and neighbor Katie Newman, 7, relax with Addie the dog (*right*).



THREE...Peaceful coexistence

It was the existing screened-in back porch that convinced Melinda and Tommy Ford to buy their Charleston-area, South Carolina, home. The 10×38-foot porch, which overlooks a spacious yard and marsh, accommodates grown-ups and kids at the same time with its something-for-everyone furniture. The railcar-of-a-space is divided into three sitting areas, with the swing at one end, the rockers in the middle, and a wicker grouping at the other end. Melinda, a stay-at-home mom, and Tommy, a photographer, spend evenings relaxing in one area while their two sons play board games in another—that is, when they're not in full glide on the custom-made swing.





Because wet weather hits the porch, Melinda usually leaves the painted floor bare. She does pull rugs out during parties and on sunny days to add a punch of color and warmth to the green furniture.



Melinda loves to collect antiques but also welcomes new things on the porch. She blends old and new seating pieces by painting them all "Charleston" green. Long valued as a cooling antidote to the strong Southern sun, the blackish green blends subtly with nature. Painted the same shade, rough-and-ready antique tables add the visual contrast of their distressed finishes. Plenty of tables are also practical, they serve as quiet workstations or handy spots to spread out drinks and food during parties.



PHOTOGRAPHS: TOM MCWILLIAM. INTERIOR DESIGNER: JUDY BOWERS. REGIONAL CONTRIBUTOR: LYNN MCBRIDE

The porch has no railing, and bushes cozy right up to the sitting areas. The multigenerational marriage of old and new furniture (*above*) works well at this end of the porch, too, where paint is once again the great neutralizer. A crisp and classic green-and-white awning stripe covers cushions, then is softened by floral and solid throw pillows. A mixed bag of accent tables, including wicker, bamboo, and wood pieces, keeps the furniture family from looking too homogeneous.

By carefully combining these elements, the Fords have created a true outdoor family room—one that's flexible enough to give everyone plenty of space but warm and welcoming enough to bring the whole crew together.



Sons Dennis, 14 (*above left*), and Thomas, 9, often play checkers and cards at the wicker table. Sometimes they take over the entire porch for a game of table tennis.

Buying information, page 79

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raising the curtain on a

summer party



by Joseph Boehm and Sharon Overton

Twilight sets the stage for a summer celebration, where everyone starts to unwind as the sunlight softens and evening breezes beckon. In Atlanta, veteran hostess Linda Westbury follows a philosophy of "minimum effort, maximum effect" entertaining to produce an alfresco buffet that's as much fun to plan as it is to present. You can follow her cues for easy decorating and quick-fix foods to make your own midsummer night's magic.

set the scene



Decorations are more than just set dressing; they help establish the mood of the party. When searching for inspiration, look around you, Linda says. Raid your flower or vegetable garden—even the refrigerator—for a low-cost centerpiece that literally looks good enough to eat. Linda calls the topiary (*above*) a "piece of earth" because it features herbs and foliage from her backyard, filled out with fruit, vegetables, and a few florist blooms. A trio of topiaries anchors the buffet table (*right*). A length of striped cotton fabric loosely swagged over a partially vine-covered arbor makes an instant canopy for the potting-shed table.





Tabletop topiary in three easy steps

1. **Fill topiary form with wet floral oasis. (A dead vine left on the metal form helps secure the arrangement.) Insert decorative moss to cover the foam and form.**

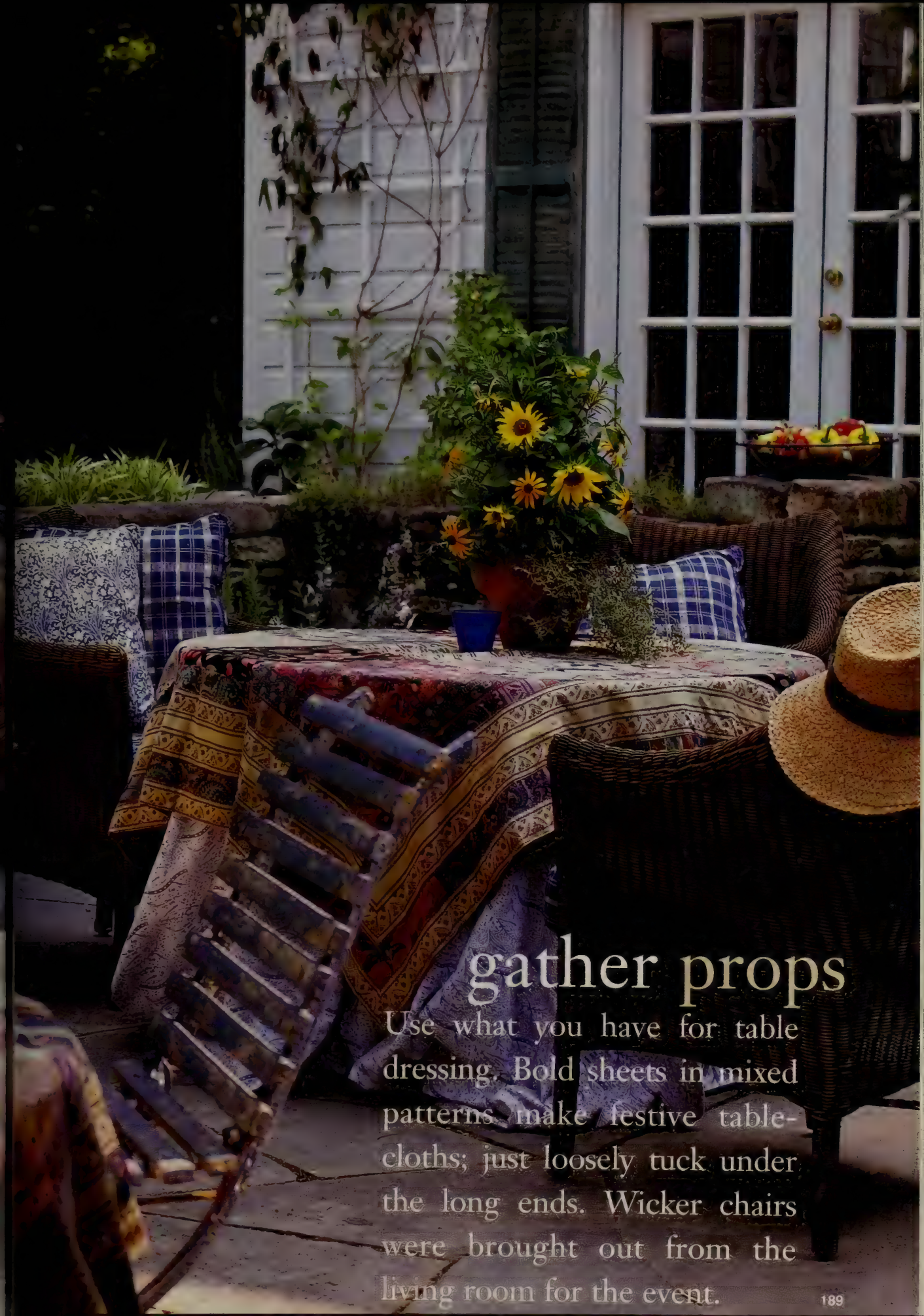
2. **Insert the topiary form in a terra-cotta pot and fill around it with small rocks. Cover the rocks with alfalfa sprouts to simulate tufts of grass.**

3. **Wire fruits—we used cherries and champagne grapes—to small floral picks. Insert in oasis. Fill in by inserting foliage, such as chrysanthemum leaves and herbs. Pinch herbs before guests arrive to release the scent.**



a summer party





gather props

Use what you have for table dressing. Bold sheets in mixed patterns make festive tablecloths; just loosely tuck under the long ends. Wicker chairs were brought out from the living room for the event.

hit the lights



Artichoke candles (*left*) are deceptively easy to make: Simply open up the center leaves, trim brown tips, insert a candle, and place in a small terra-cotta pot.

To keep the party lively and traffic circulating, Linda sets up separate food and beverage stations (*below*), with seating close-by to accommodate intimate chats.



Even outdoors, the right lighting can create subtle drama. Keep it soft and simple to flatter your guests. To fit her party's natural theme, Linda tucks fat white candles into pried-apart artichokes. (Other vegetables, such as bell peppers or red cabbages, would work equally well.) Floating in wire-hung glass vases, votives twinkle from the tree limbs like flickering fireflies (*above*).

continued on page 192

a summer party





A refreshing setting

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the grand finale



Presentation is key to Linda's show-stopping buffet (*left*): Antipasto with Toasted Pita Crisps, Two-Tomato Conserve, an Upside-Down Marinated Shrimp Bowl, and a lush cheesecake.

Simplicity rules. With only four ingredients, creamy Herbed Feta Spread (*below*) is a cinch to assemble—it takes only 15 minutes. Ripe fresh figs are perfect go-withs.



To spend more time with her guests, Linda keeps the buffet fare simple; it only *looks* like she labored all day in the kitchen. She starts with no-fuss foodstuffs, such as prepared cheeses, pre-sliced meats, and vegetables, then adds finishing touches with fresh herbs and fruit garnishes. It's all a part of her lots-of-impact-for-little-effort philosophy: "We're all under more stress these days," Linda says. "But there are many ways to take shortcuts and still create beauty."

a summer party

Recipes begin on page 222 *continued on page 194*



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continued from page 192

Here are more tips from Linda for simple-but-beautiful entertaining: • Buy large quantities of inexpensive, attractive glassware. Once purchased, you can use it again and again. • Reusable cloth napkins also are a cost-saver and are more elegant than paper. • Scale is important. A few oversized platters or baskets on a buffet table look better than several small ones. • Don't try to be perfect. People just like to be included in the fun.





a summer party

Desserts that dazzle are mainstays at Linda's gatherings. Berry Delicious White Chocolate Cheesecake (*left*), topped with a mix of summer blueberries, blackberries, and raspberries, is no exception.

Good food and good friends naturally go together. As they arrive, guests help themselves to sparkling water or cocktails (*below*); Linda sets a few hors d'oeuvres at each table for sampling.

Recipes begin on page 222
Buying information, page 79



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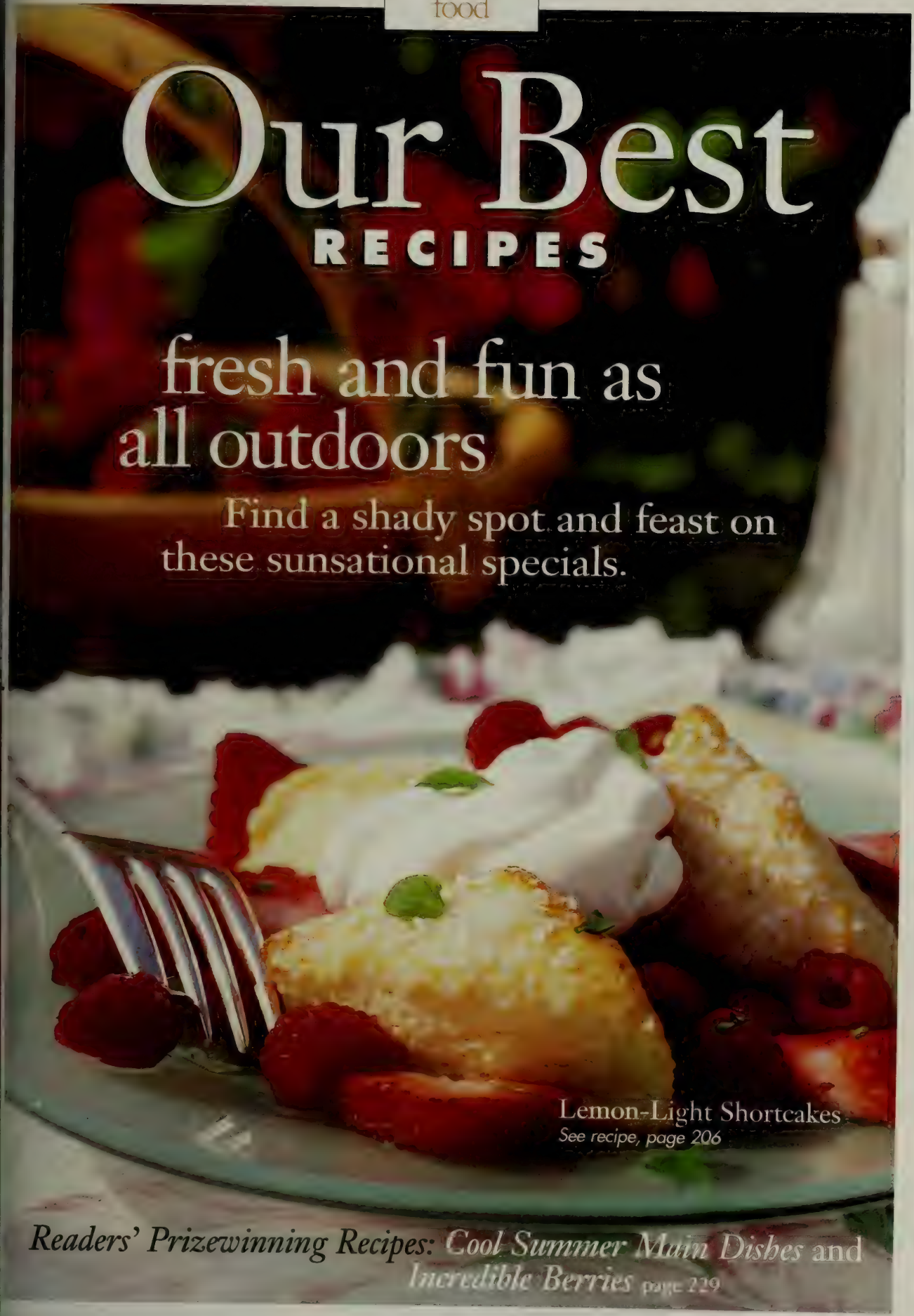
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Lemon-Light Shortcakes
See recipe, page 206

Readers' Prizewinning Recipes: Cool Summer Main Dishes and Incredible Berries page 229

by Jeanne Ambrose

Fresh and fun

When the sun is beaming and the backyard beckons, round up th family for alfresco feasts short on fuss and long on flavor.





Backyard barbecue

Steak with Roasted Garlic and Herbs

The inviting aroma of sizzling sirloin steak lures the family in a jiffy at dinnertime.

Shades of Green Kabobs

Color-coordinate a batch of baby veggies for a vibrant garden kabob full of summer flavors.

Mediterranean Potato Salad

New potatoes get all dressed up with a spritz of fresh lemon juice and a sprinkling of kalamata olives and capers.

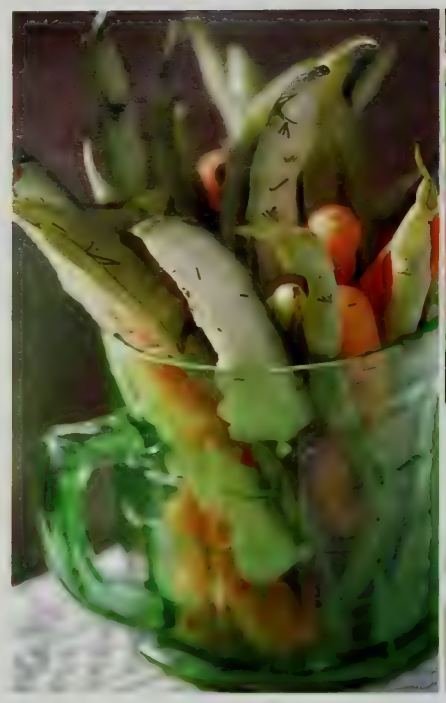
Pixie Ice Cream Sandwiches

They may be petite, but these frozen treats sure make a mighty impact. One batch of dough produces both the mocha and almond cookies used to sandwich your favorite ice cream.



Recipes begin on page 206







Fresh and fun

Special Sunday spread

It's a breeze creating this casually elegant meal to savor beneath cornflower-blue skies.

Overnight Garden Dills

Send some goodies from the garden to "bed" covered with a dilly of a marinade, and by lunchtime the next day you'll be thrilled with the resulting pickles.



"Fried" Chicken Salad

The peanut-coated chicken is sautéed in a skillet, then tossed with mixed greens, tomatoes, and oranges.

Summertime Tortellini

Convenient refrigerated pasta dons a sprightly lemon dressing in this make-ahead side dish.

Iced Green Tea

For a refreshingly cool quencher, serve mild green tea over ice with an eye-catching fruity swizzle stick.

Recipes begin on page 212

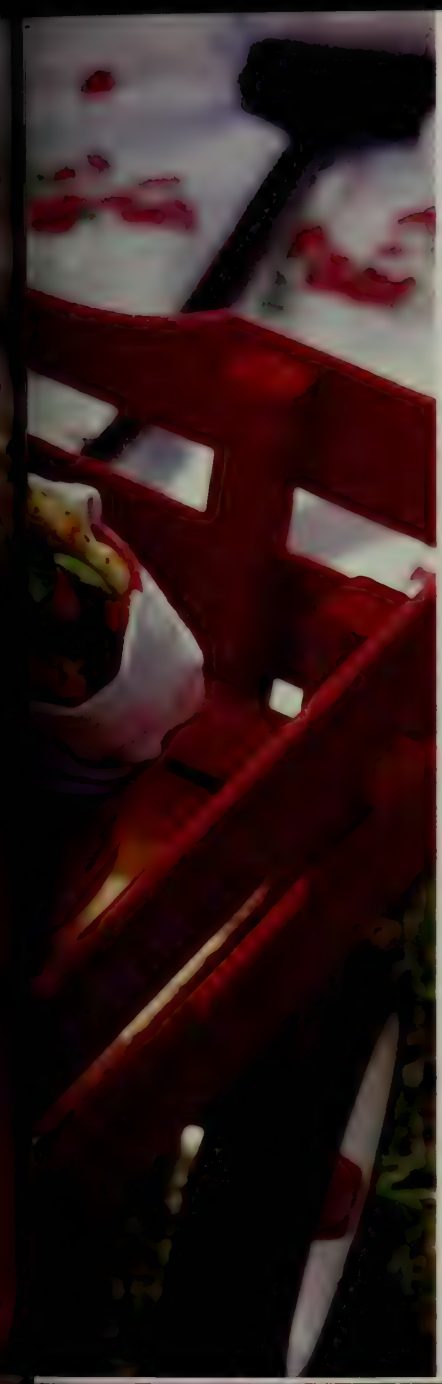














Fresh and fun

Easygoing picnic

Your family picnic can be rolling to the park in minutes with a make-ahead menu packed on a bright red wagon.

Roast Beef and Red Pepper Sandwiches

These Italian bread-shell sandwiches are stuffed in advance, chilled, and ready when you are. Serve 'em bundled in cloth napkins and perkily painted pails so everyone will be eager to join the bucket brigade.



Gazpacho to Go

Gather the main ingredients for this chunky soup from the garden or the farmer's market; stir them all together, and let the spicy fresh flavors meld overnight. Herbed Crouton Sticks make for delicious dunking.

Recipes begin on page 217



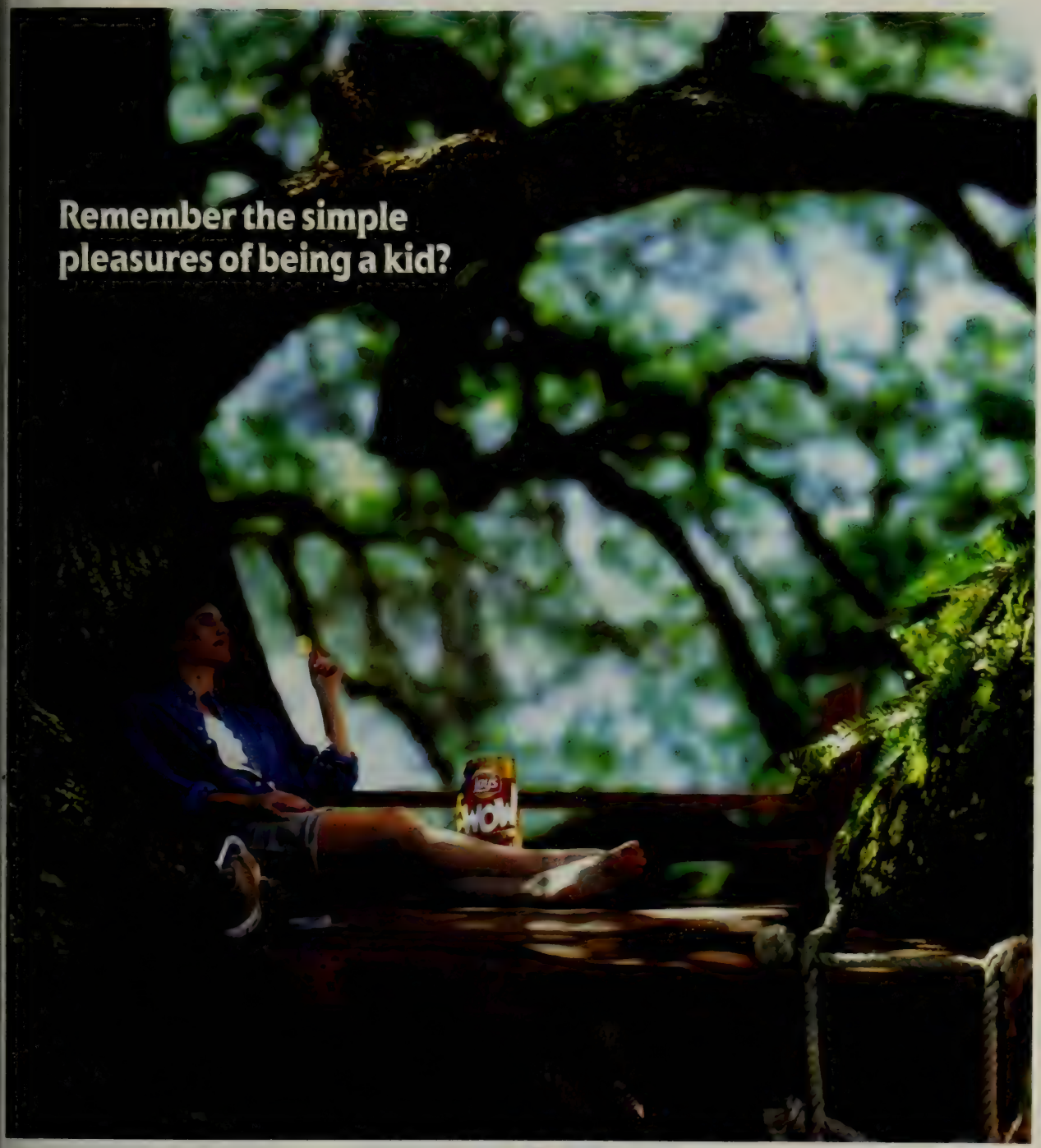
Mango-Lime Trifles

Purchased coconut macaroons, a no-cook mousse, and fresh mangoes are sensational stand-ins for the ingredients in typical trifles. For summertime toting, make these shortcut tropical treats in throwaway cups.

Recipe on page 220
Buying information, page 79



Fresh and fun





They're back.

Introducing new LAY'S® WOW!™ potato chips. Remember when all you cared about was taste? And you didn't know what a calorie was? New LAY'S® WOW!™ potato chips taste as good as–some say even better than–regular LAY'S® chips. And because they're made with OLEAN®, they have half the calories* and are 100% fat free. Hey, now you can eat like a kid again.

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continued from page 204

Lemon-Light Shortcakes

Old-fashioned buttery shortcakes are shaped into petite triangles that sparkle with a sprinkling of coarse sugar.
Prep: 30 minutes Bake: 8 minutes

- 1½ cups all-purpose flour
- 2 Tbsp. sugar
- 1½ tsp. baking powder
- ⅓ cup butter
- 1 slightly beaten egg
- ⅓ cup half-and-half, light cream, or milk
- 2 tsp. finely shredded lemon peel
- 1 slightly beaten egg white
- 2 Tbsp. coarse-grain or granulated sugar
- 3½ cups sliced strawberries
- 1½ cups raspberries
- ⅓ cup sugar
- 3 Tbsp. Grand Marnier or orange juice
- 5 tsp. snipped fresh mint
- ½ cup whipping cream, whipped

Preheat oven to 450°. For shortcakes, in a medium mixing bowl stir together flour, the 2 tablespoons sugar, and baking powder. Cut in the butter until mixture resembles coarse crumbs. Make a well in the center of the dry mixture.

In a small mixing bowl stir together the egg, half-and-half, and lemon peel. Add egg-yolk mixture all at once to dry mixture. Using a fork, stir just until moistened.

Turn the dough out onto a lightly floured surface. Gently knead the dough for 10 to 12 strokes or until dough is nearly smooth. Pat the dough into a 6-inch square. Using a floured knife, cut the square into nine 2-inch squares. Then cut each square diagonally in half.

Place triangles on an ungreased baking sheet. Brush the tops with beaten egg white; lightly sprinkle with coarse-grain sugar or additional granulated sugar. Bake for 8 to 10 minutes or until golden. Remove



Cutting the squares diagonally in half creates a dainty new shape for shortcakes.

shortcake triangles from baking sheet; cool on a wire rack.

Meanwhile, in large mixing bowl toss together the strawberries, raspberries, the ⅓ cup sugar, Grand Marnier or orange juice, and 4 teaspoons of the snipped mint. Cover and place in the refrigerator to chill up to 1 hour. For each serving, spoon berry mixture onto a dessert plate. Place three shortcake triangles on berry mixture. Top with whipped cream and garnish with remaining mint. Makes 6 servings.

Nutrition facts per serving: 431 cal., 21 g total fat (12 g sat. fat), 95 mg chol., 228 mg sodium, 55 g carbo., 4 g fiber, and 6 g pro. Daily Values: 22% vit. A, 98% vit. C, 12% calcium, and 15% iron.

Backyard Barbecue

- Steak with Roasted Garlic and Herbs*
- Shades of Green Kabobs*
- Mediterranean Potato Salad*
- Pixie Ice Cream Sandwiches*
- Lemonade

*Recipes provided

MENU: This menu lets you avoid last-minute fuss. Make ice cream sandwiches a week or two in advance, then stir up the potato salad and marinate the green kabobs the night before your barbecue.

SETTING THE SCENE: For a barbecue table that sizzles with carefree style, check out these summer blues (see *below* and *pages 198–199*). A dotty buffet plate keeps casual company with a checkered salad plate, woven denim mat, oversize napkin, drinking jar, and plastic-handled flatware.

Buying information, page 79



Steak with Roasted Garlic and Herbs

Whole bulbs of garlic are soft and succulently sweet after roasting, making them a fantastic flavor treat to spread on grilled steak or slices of crusty bread.
Prep: 15 minutes Cook: 30 minutes

- 1 or 2 whole garlic bulb(s)
- 3 to 4 tsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed
- 2 Tbsp. olive oil or cooking oil
- 1 1½-lb. boneless beef sirloin steak or rib-eye steaks, cut 1 inch thick
- 1 to 2 tsp. cracked black pepper
- ½ tsp. salt
- Fresh oregano sprigs (optional)

Remove papery outer layers from garlic bulb(s), leaving individual cloves attached to bulb(s). Cut off about ½ inch from top of bulb and discard. Place garlic in center of a 10-inch square cut from a double thickness of heavy foil. Bring foil up around garlic forming a shallow bowl. Sprinkle garlic with basil and rosemary; drizzle with oil (see photo, *page 208*).

Completely enclose garlic in foil, twisting ends of foil on top. Place foil packet on rack of an uncovered grill

continued on page 208







StarKist Garden Farfalle

❖ ❖ ❖ ❖ ❖ ❖

- 2 (6oz.) cans StarKist Solid White or Chunk Light Tuna, drained and chunked
- 1/2 pound Barilla Farfalle (bowtie pasta)
- 2 tbsp. olive oil
- 1 cup sliced onions
- 1/4 pound sliced portabella mushrooms
- 2 tbsp. chopped fresh garlic
- 1 cup white wine
- 3 tbsp. chopped fresh thyme or 1 tbsp. dried
- 4 cups frozen carrot, broccoli, cauliflower mix, steamed
- Salt and pepper to taste
- 1/2 cup grated Parmesan cheese

Cook farfalle according to package directions; drain, rinse. In large skillet, heat olive oil over medium high heat; saute onions, mushrooms and garlic for 3-5 minutes. Add white wine and continue cooking 2 minutes. Add thyme, tuna, vegetables and mix gently. Add pasta and salt and pepper; heat 3-4 minutes. Serve with grated Parmesan cheese on the side.

Number of servings: 6

Prep time: 15 minutes





This recipe makes 6 servings, and 1 happy family.

continued from page 206



Before roasting the garlic, add an extra bit of flavor with herbs and a drizzling of olive oil.

over medium coals for 30 minutes or until garlic cloves are soft. Remove bulbs from foil packet, reserving herb-oil mixture. Let cool slightly.

Meanwhile, trim fat from meat. In a small bowl combine pepper and salt; rub onto both sides of steak. Grill steak alongside the garlic packet to desired doneness, turning steak halfway through desired grilling time. (For sirloin steak allow 14 to 18 minutes for medium-rare or 18 to 22 minutes for medium. For rib-eye steaks allow 8 to 12 minutes for medium-rare or 12 to 15 minutes for medium.)

To serve, cut steaks into serving-size pieces. Carefully squeeze the pulp from the garlic cloves onto the steak. Mash pulp slightly with a fork; spread over steaks. Drizzle steaks with the herb-oil mixture. Garnish with oregano sprigs, if desired. Makes 6 servings.

Nutrition facts per serving: 251 cal., 15 g total fat (5 g sat. fat), 76 mg chol., 235 mg sodium, 2 g carbo., 0 g fiber, 26 g pro. Daily Values: 0% vit. A, 3% vit. C, 2% calcium, 20% iron.

Shades of Green Kabobs

Feel free to create multicolored skewers with the baby veggies of your choice. Prep: 20 minutes Marinate: 1 to 24 hours Grill: 10 minutes

- 8 green onions
- 12 baby green pattypan squash
- 12 baby zucchini
- 1 cup sugar snap pea pods
- ⅓ cup olive oil
- ⅓ cup grated Parmesan cheese
- 3 Tbsp. red wine vinegar
- 3 Tbsp. snipped fresh oregano or 1½ tsp. dried oregano, crushed
- ¼ tsp. salt
- ¼ tsp. pepper

Rinse and trim vegetables. Cut a 3-inch portion from the bottom of 6 of the green onions. Save remaining onion tops for another use. Place pattypan squash, zucchini, pea pods, and 3-inch green onion portions in a plastic bag set in a shallow dish.

Finely chop remaining 2 green onions. For marinade, in a screw-top jar combine olive oil, Parmesan cheese, vinegar, finely chopped green onion, oregano, salt, and pepper. Cover and shake well. Pour marinade over vegetables in the bag. Close bag. Marinate vegetables in the refrigerator for 1 to 24 hours, turning bag occasionally.

Drain vegetables, reserving marinade. On 6 long bamboo* or metal skewers, poke vegetables in alternating order. Cook vegetables on the rack of an uncovered grill directly over medium coals for 8 to 10 minutes or until browned and tender, turning and brushing with reserved marinade occasionally. Makes 6 side-dish servings.

*If using bamboo skewers, keep them from catching fire or charring by soaking them in water for at least 30 minutes before use.

Nutrition facts per serving: 156 cal., 14 g total fat (3 g sat. fat), 4 mg chol., 194 mg sodium, 6 g carbo., 2 g fiber, and 4 g pro. Daily Values: 5% vit. A, 33% vit. C, 9% calcium, and 7% iron.

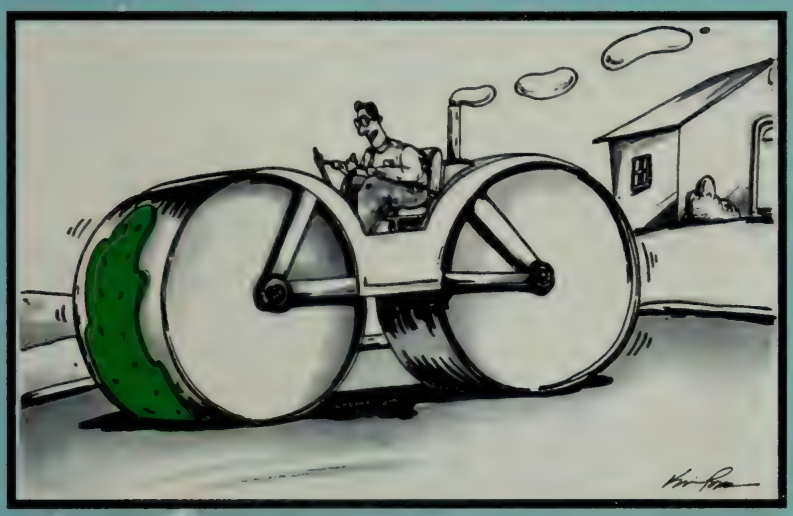
Mediterranean Potato Salad

Kalamata olives are available in most grocery stores or specialty food markets. Prep: 10 minutes Cook: 15 minutes Chill: 4 to 24 hours

- 1 lb. whole tiny new potatoes
- ⅓ cup mayonnaise
- 2 Tbsp. lemon juice

continued on page 210

ow to get the CLAUSSEN® crunch on your sandwich:



-or-



8 Claussen Pickle

continued from page 208

- 1 clove garlic, minced
- ¼ tsp. coarsely ground black pepper
- ¼ cup pitted kalamata olives, coarsely chopped
- 2 Tbsp. capers, drained
- 2 Tbsp. finely chopped green onion
- 1 2-oz. can anchovies, drained and chopped
- ½ of a small red onion, sliced and separated into rings
- 3 hard-cooked eggs, coarsely chopped

Place potatoes in a medium saucepan; add *water* to cover and, if desired, ¼ teaspoon *salt*. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until just tender. Drain well. Cool slightly. Cut potatoes into quarters and place in a large bowl.

Meanwhile, for dressing, in a small bowl combine mayonnaise, lemon juice, garlic, and pepper. Stir in olives, capers, green onion, and anchovies. Pour dressing over potatoes. Add onion and eggs. Toss gently to mix.

Cover and chill for 4 to 24 hours, stirring salad occasionally. Makes 6 side-dish servings.

Nutrition facts per serving: 222 cal., 14 g total fat (2 g sat. fat), 118 mg chol., 356 mg sodium, 19 g carbo., 1 g fiber, and 7 g pro. Daily Values: 5% vit. A, 21% vit. C, 3% calcium, and 13% iron.

Pixie Ice Cream Sandwiches

Personalize these little dessert treats by using the ice cream flavors your dessert eaters love to lick.

Prep: 30 minutes Chill: 1 to 24 hours Bake: 8 minutes Freeze: up to 2 weeks

- 3 cups mint chip ice cream and/or toasted almond fudge ice cream, softened
- 1 oz. unsweetened chocolate, cut up
- 1 tsp. instant coffee crystals
- ¼ cup shortening
- ¼ cup butter
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- ½ tsp. ground cinnamon
- 1 egg
- ½ tsp. vanilla
- 1¼ cups all-purpose flour
- ½ cup finely chopped almonds

Line a 9-inch round baking pan with foil. Spread softened ice cream in pan. Cover with plastic wrap or waxed paper and freeze about 2 hours or until firm.

Meanwhile, in a small saucepan combine chocolate and coffee crystals. Cook and stir over low heat until chocolate is melted. Set aside.

In a large mixing bowl beat shortening and butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar, brown sugar, and cinnamon. Beat until combined, scraping sides of bowl. Beat in egg and vanilla until combined. Beat in as much of the flour as you can. Stir in remaining flour by hand. Divide dough into two equal parts.

Stir chocolate mixture into one portion of dough. Stir chopped almonds into remaining dough.

Shape each portion of dough into a log that is 2 inches in diameter and about 4 inches long. Wrap in plastic wrap or waxed paper; chill 5 to 24 hours. Cut each log into ¼-inch-thick slices. (Or, omit shaping dough into logs and simply wrap and chill dough 1 to 2 hours or until easy to handle. Roll chilled dough ¼ inch thick on a lightly floured surface. Cut with a 2-inch round cutter.)

Preheat oven to 375°. Place cookie rounds 1 inch apart on an ungreased cookie sheet. Use a meat mallet to gently create a design on top of each cookie (see photo, *below*). Bake for 8 to 10 minutes or until edges are golden. Transfer cookies to a wire rack; let cool.

continued on page 212



Create a design on the cookie dough rounds with a meat mallet (*above*).

Use a scalloped or round cutter to cut the ice cream, then gently push ice cream from the cutter onto the flat side of a cookie.



EW!

Indulge.

Luscious layers of chocolate brownie and velvety, smooth peanut butter are crowned by mounds of whipped topping, chocolate curls and roasted peanuts. All resting atop a light, flaky crust. It's not just a pie. It's a truly decadent dessert. Peanut Butter Silk, one of four indulgent new flavors now in your grocer's freezer case.



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teries, Inc.

continued from page 210

Remove plastic wrap or waxed paper from ice cream. Lift the ice cream from pan using the foil. With a 2-inch scalloped or round cutter, cut out 12 rounds of ice cream. Place an ice cream round on the flat side of half of the cookies (see photo, *page 210*). Top with the remaining cookies, flat side toward ice cream. Wrap each ice cream sandwich securely in plastic wrap and freeze for 2 hours or store in the freezer for up to 2 weeks. Makes 12 ice cream sandwiches.

Nutrition facts per almond cookie sandwich: 301 cal., 19 g total fat (7 g sat. fat), 40 mg chol., 64 mg sodium, 28 g carbo., 1 g fiber, and 5 g pro. Daily Values: 6% vit. A, 0% vit. C, 3% calcium, and 8% iron.

Nutrition facts per chocolate cookie sandwich: 261 cal., 16 g total fat (8 g sat. fat), 40 mg chol., 63 mg sodium, 28 g carbo., 1 g fiber, and 4 g pro. Daily Values: 6% vit. A, 0% vit. C, 1% calcium, and 8% iron.

SPECIAL MALLET OFFER

A **Meat Mallet** is a great all-around addition to your kitchen tool collection. Use it traditionally for tenderizing meat, or in creative ways such as the one shown on *page 210*. The 7½-ounce mallet from Fox Run Craftsmen features both flat and "waffley" surfaces and measures 9 inches long. The price of the mallet is $12.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order for $12.95 to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9806, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

Special Sunday Spread

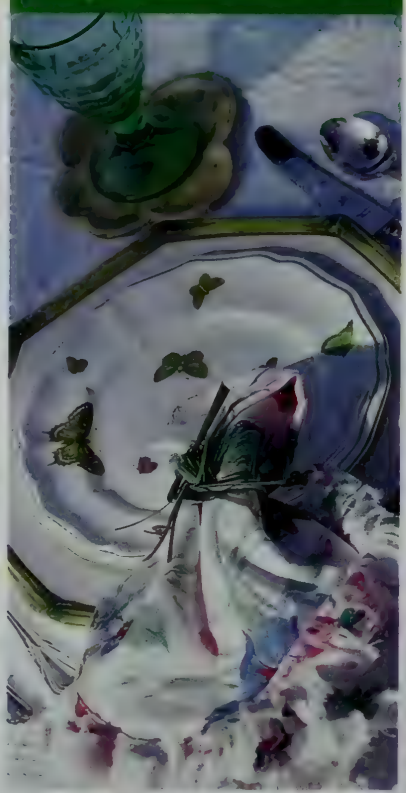
- Overnight Garden Dills*
- Summertime Tortellini*
- "Fried" Chicken Salad*
- Lemon-Light Shortcakes*
- Iced Green Tea*

*Recipes provided

MENU: Get a jump on this special lunch by preparing the Overnight Garden Dills, the Summertime Tortellini, and the peanut coating for the "Fried" Chicken Salad a day in advance. The salad greens can be washed, dried, and stored in the refrigerator overnight too. The morning of your meal, stir together the Iced Green Tea and bake the Lemon-Light Shortcakes (add berry mixture just before serving). Sauté the chicken and finish the salad just before serving.

SETTING THE SCENE: To make the table as special as the menu, mix a summer fresh dinner plate with hand-me-downs, such as collectible salad plates, glasses, and silver flatware (see *below* and *pages 200–201*). Bundle napkins with sprigs of bear grass.

Buying information, page 113



Overnight Garden Dills

Show off these crisp vegetable pickles in a favorite glass mug or in a "cup" made of a hollowed-out sweet pepper.
Prep: 25 minutes
Marinate: 4½ hours to 3 days

- ½ lb. whole green beans, trimmed (about 2 cups)
- 1½ cups packaged, peeled baby carrots (about 8 oz.)
- ½ cup cider vinegar
- ¼ cup water
- 1 Tbsp. chopped, seeded fresh red chili peppers
- 2 cloves garlic, minced
- ½ tsp. salt
- ¼ to ½ tsp. crushed red pepper
- ¼ cup snipped fresh dill or 1 Tbsp. dried dillweed
- 2 pickling cucumbers (each about 4 inches long), cut into spears

In a large saucepan cook green beans, covered, in a small amount of boiling water for 2 minutes. Add carrots and continue cooking, covered, for 2 minutes more. Drain; transfer to a large bowl.

In the same saucepan combine vinegar, water, chili peppers, garlic, salt, and crushed red pepper. Heat just to boiling. Remove from heat; stir in dill or dillweed.

Add cucumber spears to green beans and carrots in bowl. Pour hot vinegar mixture over vegetables in bowl. Let stand at room temperature for 30 minutes. Transfer vegetables and vinegar mixture to a plastic bag set in a deep bowl. Close bag.

Marinate in the refrigerator for 4 hours or up to 3 days, turning the bag occasionally. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 28 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 153 mg sodium, 7 g carbo., 2 g fiber, and 1 g pro. Daily Values: 67% vit. A, 13% vit. C, 2% calcium, and 5% iron.

continued on page 214



INTRODUCING THE T-FAL GRILL. A GREAT INDOOR GRILL WITH THE GREAT OUTDOOR TASTE.



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non-stick surface, clean-up is a snap. So treat your family to a picnic—indoors or out—with the T-Fal Barbecue Grill. It's a whole new way to grill.



T-FAL®

continued from page 212

"Fried" Chicken Salad

Sautéing nut-coated chicken fulfills your craving for fried chicken's crunch without the fuss of deep-fat frying.
Prep: 35 minutes Cook: 10 minutes

- ½ cup finely chopped peanuts
- 3 Tbsp. fine dry bread crumbs
- 1 Tbsp. snipped fresh basil
- ¼ to ½ tsp. crushed red pepper
- 4 medium skinless, boneless chicken breast halves (about 1 lb. total)
- 2 Tbsp. margarine or butter, melted
- 2 Tbsp. cooking oil
- 8 cups torn mixed greens
- 3 medium oranges, peeled and sectioned
- 3 medium tomatoes, cored and cut into wedges
- 8 oz. fresh mozzarella cheese, cut into ¼-inch-thick slices and quartered
- 1 recipe Balsamic Vinaigrette

For coating mixture, in a shallow dish combine peanuts, bread crumbs, basil, and crushed red pepper. Set aside. Rinse chicken; pat dry. Brush each breast half with margarine or butter. Dip in peanut mixture, pressing firmly to coat.

In a large skillet cook the chicken breasts in hot oil over medium-low heat for 10 to 12 minutes or until chicken is no longer pink, turning once. Cool slightly. Cut into ½-inch-thick slices.

Meanwhile, in a very large bowl combine greens, orange sections, tomato wedges, and cheese. Shake Balsamic Vinaigrette. Drizzle vinaigrette over all; toss to coat. Spoon salad onto large platter. Top with sliced chicken. Serve immediately. Makes 6 main-dish servings.

Balsamic Vinaigrette: In a screw-top jar combine 3 tablespoons olive oil or salad oil; 3 tablespoons balsamic vinegar; 1 tablespoon snipped fresh basil; ¼ teaspoon salt; ¼ teaspoon crushed red pepper; and ¼ teaspoon freshly ground black pepper. Cover and shake well. Makes about ½ cup.

Nutrition facts per serving: 437 cal., 30 g total fat (8 g sat. fat), 61 mg chol., 384 mg sodium, 15 g carbo., 3 g fiber, and 29 g pro. Daily Values: 19% vit. A, 53% vit. C, 24% calcium, and 12% iron.

Summertime Tortellini

Big wedges of yellow sweet peppers can be transformed into whimsical bowls to hold this make-ahead pasta salad.
Prep: 20 minutes Chill: 2 to 24 hours

- 1 to 1½ tsp. finely shredded lemon peel
- 3 Tbsp. lemon juice
- 1 tsp. Dijon-style mustard
- ½ tsp. sugar
- ¼ tsp. salt
- 1 clove garlic, minced
- 2 9-oz. pkgs. refrigerated cheese tortellini
- 1 lb. asparagus spears (about 16 spears), bias-cut into 1-inch pieces
- 1 large yellow sweet pepper, cut into ½-inch pieces
- 2 Tbsp. olive oil
- ½ cup finely shredded Romano or Parmesan cheese
- 4 green onions, sliced
- ¼ cup toasted pine nuts or chopped almonds
- Yellow sweet peppers, quartered (optional)

In a screw-top jar combine lemon peel, lemon juice, mustard, sugar, salt, and garlic. Cover; shake well. Refrigerate until needed.

In a large saucepan cook tortellini according to package directions, adding asparagus and yellow sweet pepper pieces to pan for the last minute of cooking time. Drain. Rinse tortellini and vegetables with cold water; drain again.

In a very large bowl toss tortellini-vegetable mixture with olive oil. Cover and refrigerate for 2 to 24 hours. Just before serving, stir cheese, green onions, and nuts into tortellini mixture. Shake dressing; pour over all, tossing lightly to coat. Let stand 10 minutes before serving. If desired, serve tortellini in quartered sweet peppers. Makes 10 main-dish servings.

Nutrition facts per serving: 238 cal., 10 g total fat (3 g sat. fat), 28 mg chol., 347 mg sodium, 27 g carbo., 1 g fiber, and 12 g pro. Daily Values: 6% vit. A, 60% vit. C, 14% calcium, and 11% iron.

Iced Green Tea

Poke plump strawberries, quartered limes, and orange peel curls onto a long bamboo skewer to create a fruit-laced swizzle stick sure to cause a stir inside your iced tea pitcher.
Prep: 25 minutes Cool: several hours

- 12 cups water
- ¼ cup sugar
- 3 inches fresh ginger, peeled and thinly sliced
- 12 to 16 green tea bags
- Strawberries
- Limes, quartered
- Orange peel strips
- Ice cubes

In a large saucepan combine water, sugar, and ginger. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat. Add tea bags; let stand, covered for 3 minutes. Remove tea bags. Strain ginger from tea; discard ginger.

Transfer tea to a 2-gallon pitcher or punch bowl. Cover; cool several hours. If desired, chill.

Meanwhile, on a 12-inch wooden skewer alternate strawberries, lime quarters, and orange peel strips. Place skewer inside pitcher or punch bowl as a decorative swizzle stick. Serve tea in glasses over ice cubes. Makes 12 servings.

Nutrition facts per serving: 24 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 6 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 15% vit. C, 0% calcium, and 0% iron.

continued on page 217

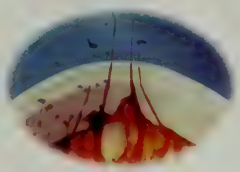


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SO *gentle* ON HANDS



SO TOUGH on grease



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Grilled, roasted, or broiled, they love their beef in Texas. And at Amarillo's popular Beef Burger Barrel, they love nothing more than cooking it with Original Kikkoman Teriyaki Marinade & Sauce. The Burger Barrel knows that, because Kikkoman Teriyaki is made with our naturally brewed Kikkoman Soy Sauce, it's the ideal choice for turning any hamburger into a Texas-si event. Kikkoman Teriyaki also makes a great-tast marinade and an excellent base for flavorful sau That explains why, after nearly four decades, it's s America's favorite brand of teriyaki. All of which le us to ask: Shouldn't you be cooking with Kikkom*

KIKKOMAN COOKS WHERE AMERICA EAT

continued from page 214

Easygoing Picnic

- Roast Beef and Red Pepper Sandwiches*
- Turkey and Chutney Sandwiches*
- Pineapple Cream Cheese Sandwiches*
- Gazpacho to Go*
- Mango-Lime Trifles*
- Fruit-flavored sparkling water

*Recipes provided

MENU: Fix this portable meal the night before so everything is ready to pack up and move to your favorite picnic spot. The gazpacho gains flavor overnight. The sandwiches and trifles keep well when wrapped and chilled.

SETTING THE SCENE: Pulling off a picnic is a breeze. Start with mix-and-match acrylic plates, bowls, and glasses and partner them with fanciful vintage linens and disposable flatware (see *below* and *pages 202–204*). For whimsical serving pails, spray galvanized buckets with rustproof outdoor spray paint.

Buying information, page 113



Roast Beef and Red Pepper Sandwiches

These are sure to be pleasers when you use your family's favorite deli meat.
Prep: 25 minutes Chill: up to 24 hours

- ⅓ cup light mayonnaise dressing or mayonnaise
- ⅓ cup Dijon-style mustard
- 2 to 4 Tbsp. prepared horseradish
- 6 6- or 7-inch Italian bread shells (Boboli) or Italian flat breads (focaccia)
- 12 oz. thinly sliced cooked roast beef
- 1 12-oz. jar roasted red peppers, drained and cut into ¼-inch wide strips
- 6 oz. thinly sliced Monterey Jack cheese
- 2 cups fresh watercress
- 2 cups fresh spinach

In a small bowl combine mayonnaise dressing, Dijon-style mustard, and horseradish. Slice bread shells or flatbreads in half horizontally (see photo, *page 218*). For each sandwich, spread one side of bread shell or flatbread with mayonnaise mixture. Top each with roast beef, red peppers, cheese, watercress, spinach, and remaining half of bread.

Wrap sandwiches in plastic wrap and refrigerate up to 24 hours. (Or, serve immediately.) To serve, slice sandwiches in half. Makes 12 servings (half sandwich per serving).

Nutrition facts per serving: 303 cal., 14 g total fat (4 g sat. fat), 41 mg chol., 656 mg sodium, 27 g carbo., 2 g fiber, and 20 g pro. Daily Values: 18% vit. A, 65% vit. C, 15% calcium, and 17% iron.

Turkey and Chutney Sandwiches

Chutney and mayo create a spicy spread.
Prep: 25 minutes Chill: up to 24 hours

- 3 medium carrots
- ½ cup chutney
- ⅓ cup light mayonnaise dressing or mayonnaise

continued on page 218



HOW KIKKOMAN COOKS A BETTER BURGER.

BEEF BURGER BARREL'S TERIYAKI BURGER

Ingredients: (6 Servings)
- 2 medium onions, sliced
- 3 Tbsp. vegetable oil, divided
- 1 Tbsp. + 1/3 cup Kikkoman Teriyaki Marinade & Sauce
- 1–3/4 lbs. lean ground beef
- 6 hamburger buns
- Mayonnaise
- Mustard, optional
- Lettuce leaves and tomato slices, optional

Prep time: 10 minutes

Cook time: 15 minutes

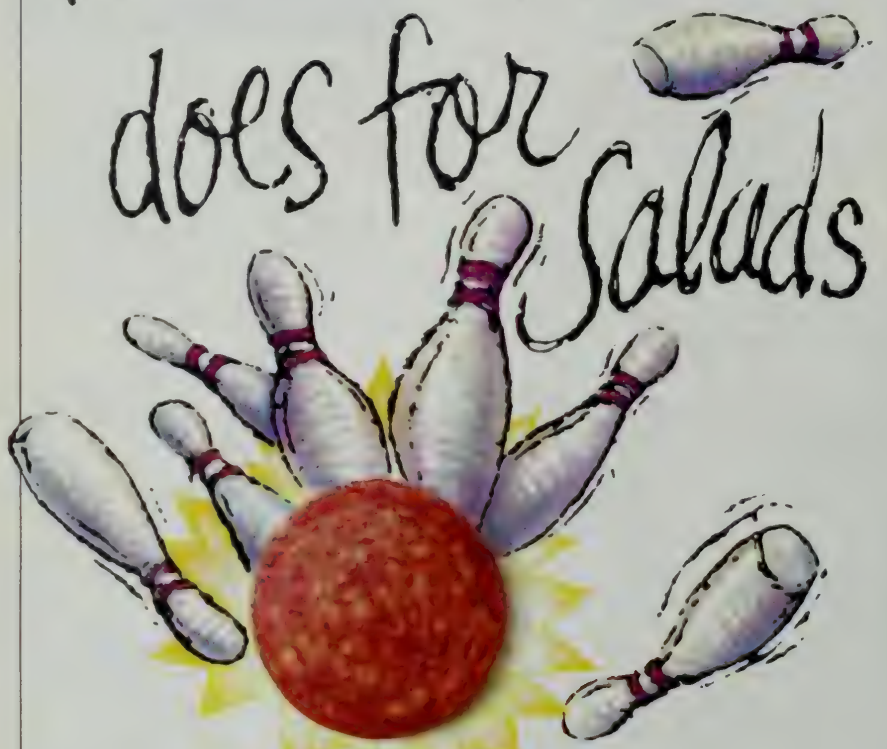
1. *Sauté onions in 2 Tbsp. hot oil in large skillet over medium heat 8 minutes, or until golden brown, stirring frequently.* **2.** *Place in bowl; stir in 1 Tbsp. teriyaki sauce.* **3.** *Combine beef and 1/3 cup teriyaki sauce; shape into 6 patties.* **4.** *Heat remaining oil in same skillet over medium heat. Add patties; cook to desired doneness, turning over once.* **5.** *Spread buns with mayonnaise and mustard; top with burgers, onions, lettuce and tomato. Cover with bun tops.*



THE ORIGINAL TERIYAKI MARINADE & SAUCE

Recipe adapted for home use.

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Pepperoni Caesar Salad

Bowl 'em over with the best-tasting Caesar salad ever.

8 cups romaine lettuce, torn into bite-sized pieces
1 cup sliced Hormel® Pepperoni
¾ cup shredded Parmesan cheese
¼ teaspoon cracked black pepper
1½ cups croutons

In large bowl, combine ingredients and toss with Caesar dressing. Serves 4.

To make Caesar dressing, blend these ingredients on high until well-mixed:
6 tablespoons olive oil
2 tablespoons red wine vinegar
1 tablespoon mayonnaise
2 cloves garlic
½ teaspoon Dijon mustard
¼ teaspoon Worcestershire sauce





pep it up!™ Hormel Foods

continued from page 217

6 6- or 7-inch Italian bread shells (Boboli) or Italian flat breads (focaccia)
12 oz. thinly sliced cooked turkey
6 oz. thinly sliced smoked Gouda cheese
6 large Romaine leaves
6 fresh tarragon sprigs

Peel carrots. Using a vegetable peeler, carefully cut carrots into long, thin ribbons. Place in cold water to crisp. Set aside.

Cut up any large pieces of fruit in the chutney. In a small bowl combine chutney and mayonnaise dressing or mayonnaise. Slice bread shells or flatbreads in half horizontally (see photo, *below*).

For each sandwich, spread one cut side of bread shell or flatbread with the mayonnaise mixture. Top with turkey, cheese, a Romaine lettuce leaf, carrot ribbons, a fresh tarragon sprig, and the remaining half of the bread.



With a serrated knife, carefully slice Italian bread shell or flatbread in half horizontally.

Wrap sandwiches in plastic wrap and refrigerate up to 24 hours. (Or, if desired, serve immediately.) To serve, slice sandwiches in half. Makes 12 servings (half sandwich per serving).

Nutrition facts per serving: 283 cal., 10 g total fat (3 g sat. fat), 29 mg chol., 818 mg sodium, 34 g carbo., 2 g fiber, and 16 g pro. Daily Values: 55% vit. A, 5% vit. C, 14% calcium, and 11% iron.

Pineapple Cream Cheese Sandwiches

Consider toting extra dried fruit and seeds in sealed plastic bags, and let the kids add the goodies to their sandwiches at the picnic site.
Prep: 25 minutes Chill: up to 24 hours

- 3 medium carrots
- ⅓ cup dried cranberries, raisins, or mixed dried fruit bits
- ¼ cup shelled sunflower seeds
- 6 6- or 7-inch Italian bread shells (Boboli) or Italian flat breads (focaccia)
- 2 8-oz. tubs cream cheese with pineapple

Peel carrots. With a vegetable peeler, carefully cut carrots into long, thin ribbons (see photo, *below*). Place ribbons in cold water to crisp. Set aside.

In a small bowl combine dried cranberries, raisins, or dried fruit bits with sunflower seeds. Slice bread shells or flatbreads in half horizontally (see photo, *page 218*). For each sandwich, spread cream cheese with pineapple on both cut sides of bread. Sprinkle fruit-seed mixture onto pineapple cream cheese. Add carrot ribbons. Top with remaining half of bread.

Wrap sandwiches in plastic wrap and refrigerate up to 24 hours. (Or, if desired, serve immediately.) To serve, slice sandwiches in half. Makes 12 servings (half sandwich per serving).

Nutrition facts per serving: 307 cal., 16 g total fat (7 g sat. fat), 36 mg chol., 455 mg sodium, 34 g carbo., 2 g fiber, and 9 g pro. Daily Values: 58% vit. A, 2% vit. C, 7% calcium, and 9% iron.

Gazpacho To Go

Show off the mosaic of colors in this fresh soup by carrying it to your picnic in a clear plastic storage container. Pack the container in an ice-filled cooler to keep the gazpacho well chilled.
Prep: 30 minutes Chill: 2 to 24 hours

- 1 15-oz. can chunky Italian- or salsa-style tomatoes
- 2 cups quartered yellow pear-shaped and/or halved cherry tomatoes
- 1 15-oz. can chickpeas (garbanzo beans), drained and rinsed
- 1¼ cups hot-style vegetable juice or vegetable juice
- 1 cup beef broth
- ½ cup coarsely chopped, seeded cucumber
- ½ cup coarsely chopped yellow and/or red sweet pepper
- ¼ cup coarsely chopped red onion

continued on page 220



hin, wide ribbons of carrot are easily created with a vegetable peeler.



continued from page 219

- ¼ cup snipped fresh cilantro
- 3 Tbsp. lime juice or lemon juice
- 2 cloves garlic, minced
- ¼ to ½ tsp. bottled hot pepper sauce
- 1 recipe Herbed Crouton Sticks (see recipe, *below*)

In a large mixing bowl combine canned and fresh tomatoes, chick-peas, vegetable juice, broth, cucumber, sweet pepper, onion, cilantro, lime or lemon juice, garlic, and hot pepper sauce. Cover and chill for 2 to 24 hours.

To serve, ladle soup into bowls or mugs. Serve with Herbed Crouton Sticks. Makes about 7 cups (6 side-dish servings).

Nutrition facts per serving without Herbed Crouton Sticks: 142 cal., 5 g total fat (0 g sat. fat), 0 mg chol., 1,145 mg sodium, 27 g carbo., 5 g fiber, and 7 g pro. Daily Values: 33% vit. A, 131% vit. C, 5% calcium, and 24% iron.

Herbed Crouton Sticks

For something special to nibble on, bake these king-size croutons. Dunk them in gazpacho or your favorite herb dip.
Prep: 10 minutes Bake: 15 minutes

- 1 8-oz. thin baguette
- ½ cup margarine or butter
- 1 tablespoon snipped fresh basil or ½ teaspoon dried basil, crushed
- ⅛ teaspoon garlic powder

Preheat oven to 300°. Cut baguette in half horizontally. Cut bread into 12 strips, 1 inch wide by 5½ inches long; set aside. In a 12-inch skillet melt margarine or butter. Stir in basil and garlic powder. Add half the crouton sticks, stirring until coated with margarine mixture.

Arrange crouton sticks in a single layer in a shallow baking pan. Repeat with remaining bread sticks. Bake, uncovered, for 10 minutes; turn sticks over. Bake 5 minutes more or until crouton sticks are dry and crisp. Cool completely. Store, tightly covered, up to 1 week. Makes 12 sticks.

Nutrition facts per stick: 120 cal., 8 g total fat (2 g sat. fat), 0 mg chol., 204 mg sodium, 10 g carbo., 0 g fiber, and 2 g pro. Daily Values: 9% vit. A, 0% vit. C, 1% calcium, and 3% iron.

Mango-Lime Trifles

Lemon yogurt adds a refreshing tang to the fat-free whipped dessert topping in these individual treats.
Prep: 20 minutes Chill: 1 to 24 hours

- 2 8-oz. cartons lemon-flavored yogurt
- ½ of an 8-oz. container frozen fat-free whipped dessert topping, thawed
- 1 to 2 tsp. finely shredded lime peel
- 12 soft coconut macaroon cookies (two-thirds of a 13¾-oz. pkg.)
- 6 8- to 10-oz. disposable clear plastic cups
- 3 mangoes, peeled and chopped (about 2 cups)
- Sliced, peeled mangoes (optional)
- Lime peel curls (optional)

In a medium mixing bowl fold together the yogurt, whipped topping, and lime peel.

To assemble individual trifles, coarsely crumble one cookie into each of the 6 cups. Spoon about 3 heaping tablespoons of the yogurt mixture in each cup on top of the crumbled cookie. Spoon about ⅓ cup of the chopped mangoes into each cup. Crumble another cookie into each cup, and top with remaining yogurt mixture (about 3 tablespoons in each cup).

Cover and chill 1 to 24 hours. Before serving, garnish with mango slices and lime peel, if desired. Makes 6 servings.

Nutrition facts per serving: 356 cal., 10 g total fat (1 g sat. fat), 3 mg chol., 69 mg sodium, 63 g carbo., 4 g fiber, 6 g pro. Daily Values: 41% vit. A, 49% vit. C, 11% calcium, 3% iron.



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summer party

continued from page 194

Antipasto with Toasted Pita Crisps

Prepare the conserve and pita crisps ahead of time, then assemble this antipasto platter just before serving.
Prep: 45 minutes

- 1 recipe Two-Tomato Conserve (see recipe, *right*)
- Fresh mango slices (about 2 mangoes)
- Thinly sliced prosciutto (about 4 oz.)
- Marinated artichoke hearts, drained (about two 6-oz. jars)
- Seedless red and/or green grape clusters
- Green and ripe Greek olives
- 1 recipe Toasted Pita Crisps (see recipe, *below*)

Transfer Two-Tomato Conserve to small dish; place on platter. Wrap each mango slice with a slice of prosciutto. Arrange artichoke hearts, wrapped mango slices, grapes, and olives on platter. Serve with Toasted Pita Crisps. Makes 15 to 20 servings.

Toasted Pita Crisps

To make splitting the pita bread rounds easier, you can soften them in the microwave on 100 percent power (high) for 20 to 30 seconds.
Prep: 15 minutes Bake: 10 minutes

- 4 large pita bread rounds
- ¼ cup olive oil
- ¼ cup finely shredded Parmesan cheese

Preheat oven to 350°. Slice each pita bread round in half horizontally, separating into two rounds. Brush cut sides of each sliced pita round with oil. Cut each sliced round into 6 wedges. On baking sheet spread wedges, cut sides up, in a single layer.

Sprinkle Parmesan cheese over wedges. Bake 10 minutes. Cool, then transfer to airtight container. Store at room temperature for up to 1 week. Makes 48 crisps.

Nutrition facts per pita crisp: 26 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 36 mg sodium, 3 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 0% iron.

Two-Tomato Conserve

Start to Finish: 45 minutes
Chill: up to 2 days
Stand: 30 minutes

- ¼ cup boiling water
- 2 Tbsp. snipped dried tomatoes (not oil-packed)
- 1 Tbsp. margarine or butter
- 2 small onions, thinly sliced and separated into rings (1 cup)
- 2 tsp. brown sugar
- 1 lb. Roma or plum tomatoes, chopped (2½ cups)
- 1 large pear, peeled, cored, and chopped (1 cup)
- ¼ tsp. salt
- ⅛ tsp. freshly ground pepper
- 2 Tbsp. balsamic vinegar or red wine vinegar

In a small bowl pour boiling water over dried tomatoes; let stand. In a medium saucepan melt margarine or butter. Add onions. Cook, covered, over medium-low heat for 10 to 12 minutes or until onions are tender. Uncover; add brown sugar. Cook and stir over medium-high heat for 4 to 5 minutes more.

Add undrained dried tomatoes, Roma tomatoes, pear, salt, and pepper to onions in saucepan. Cook, covered, for 10 minutes. Uncover and cook 5 minutes more or until most of the liquid has evaporated.

Add the balsamic or red wine vinegar. Cook and stir for 1 minute more. Remove from heat. Let mixture cool slightly. Place in airtight container; store in refrigerator up to 2 days. Let conserve stand at room temperature for 30 minutes before serving. Makes 2 cups (sixteen 2-tablespoon servings).

Nutrition facts per serving: 35 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 56 mg sodium, 7 g carbo., 1 g fiber, and 1 g pro. Daily Values: 3% vit. A, 17% vit. C, 0% calcium, and 2% iron.



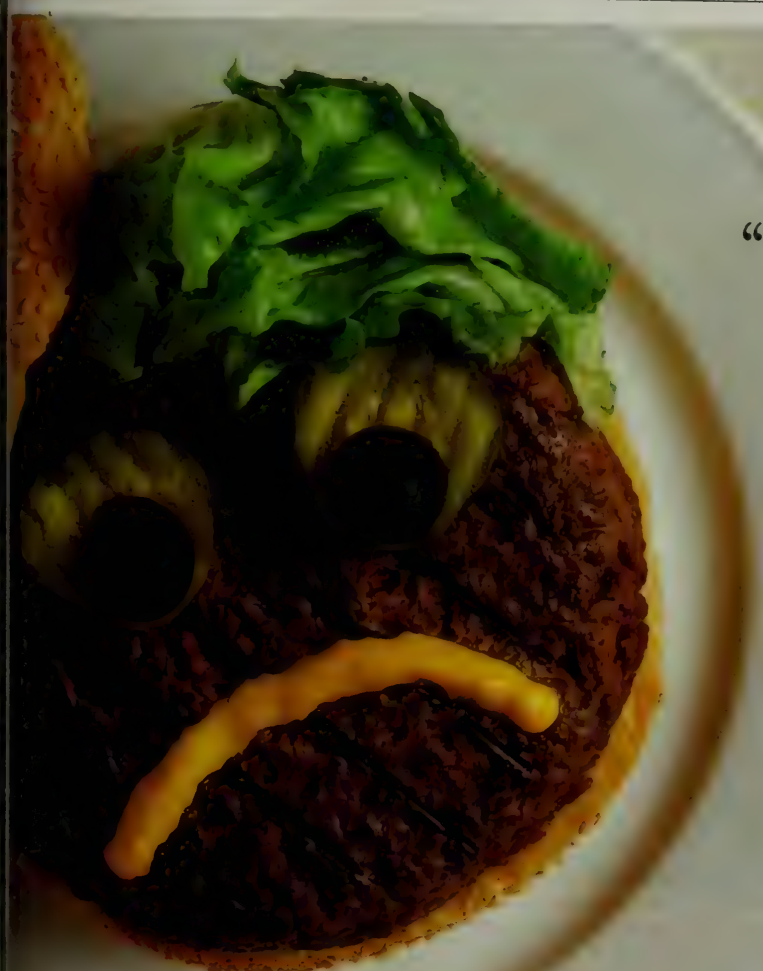
A lemony tomato marinade heightens the flavor of this impressive shrimp appetizer.

Upside-Down Marinated Shrimp Bowl

Because the stacked shrimp maintain the shape of the bowl in which they're marinated, the finished creation makes a stunning centerpiece.
Prep: 1 hour Chill: 24 hours

- 5 lb. fresh large shrimp in shells, peeled and deveined
- ½ cup olive oil
- ½ cup white or red wine vinegar
- 1½ tsp. finely shredded lemon peel
- ¼ cup lemon juice
- 2 Tbsp. tomato paste
- 1 Tbsp. honey
- 3 cloves garlic, minced
- 2 tsp. grated ginger
- ½ tsp. salt
- ¼ tsp. ground red pepper
- Assorted fresh greens (optional)
- Assorted fresh herbs (optional)
- Lime wedges (optional)

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Dining Al Fresco

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No-Bake Jelly Belly® Granola Bars

- 1 12-oz. package butterscotch chips
- 1/2 cup chunky peanut butter
- 4 cups granola
- 1 cup Grape Jelly Belly ® jelly beans, cut in half

Line a 13 x 9 x 2-inch baking pan with waxed paper. Melt butterscotch morsels and peanut butter in the top part of a double boiler. Stir in granola and jelly beans. Spread evenly in pan; chill until firm. Cut into 2-inch squares and serve. Makes 24 bars.

Reynolds® Southwestern Chicken & Corn Dinner

- 1 Reynolds® Hot Bags™ Foil Bag, large size
- 1 Tbsp. all-purpose flour
- 9 skinless, bone-in chicken pieces
- 4 tsp. Mexican seasoning blend
- 3 ears fresh corn-on-the-cob, cut in 2-inch pieces
- 1 medium sweet green pepper, cubed
- 1 medium sweet red pepper, cubed
- 1 medium onion, cut in eighths

Preheat grill to medium-high or oven to 450°. Open foil bag. Sprinkle flour inside foil bag. Sprinkle 2 teaspons of the Mexican seasoning blend over chicken pieces, turning to coat evenly. Arrange chicken and vegetables in foil bag in an even layer. Sprinkle remaining seasoning over vegetables. To seal, double fold open end of foil bag. Place foil bag in a 1-inch deep pan.

To cook, slide foil bag onto grill or leave foil bag in supporting pan and place in oven. Grill 25-30 minutes on medium-high in covered grill. Or bake 50-55 minutes in supporting pan in oven.

Use oven mitts to cut open foil bag with a sharp knife. Carefully fold back top of foil bag, allowing steam to escape. Makes 5-6 servings.

Note: Six small ears of frozen corn-on-the-cob can be substituted for fresh corn, but defrost corn before adding to foil bag.

To make your own Mexican seasoning blend, combine 1 tsp. chili powder, 1 tsp. ground cumin, 1 tsp. garlic salt, 1/2 tsp. dried oregano leaves, crushed, and 1/2 tsp. pepper.

summer party

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Thinly sliced cucumber or cucumber ribbons (optional)
Thinly sliced red onion, separated into rings (optional)
Yellow pear-shaped tomatoes and cherry tomatoes (optional)

In a large kettle bring 5 quarts *water* and 1 teaspoon *salt* to boiling. Add the shrimp. Bring to boiling; reduce heat. Simmer, uncovered, for 1 to 3 minutes or until shrimp turn pink, stirring occasionally. Drain shrimp. Rinse under cold running water; drain again.

To arrange shrimp, use a glass bowl that is 7 to 8 inches in diameter and about 4 inches deep. Arrange the shrimp, pointing the tails to the middle (see photo, *below*), in a circle to make 1 flat layer. (Only the round backs of shrimp should be visible from the outside of the bowl.) Repeat layers until bowl is filled, pressing down every couple of layers with bottom of a plate that will fit into bowl. When bowl is full, press down with plate one more time.

For marinade, in a screw-top jar combine the olive oil, wine vinegar, lemon peel, lemon juice, tomato

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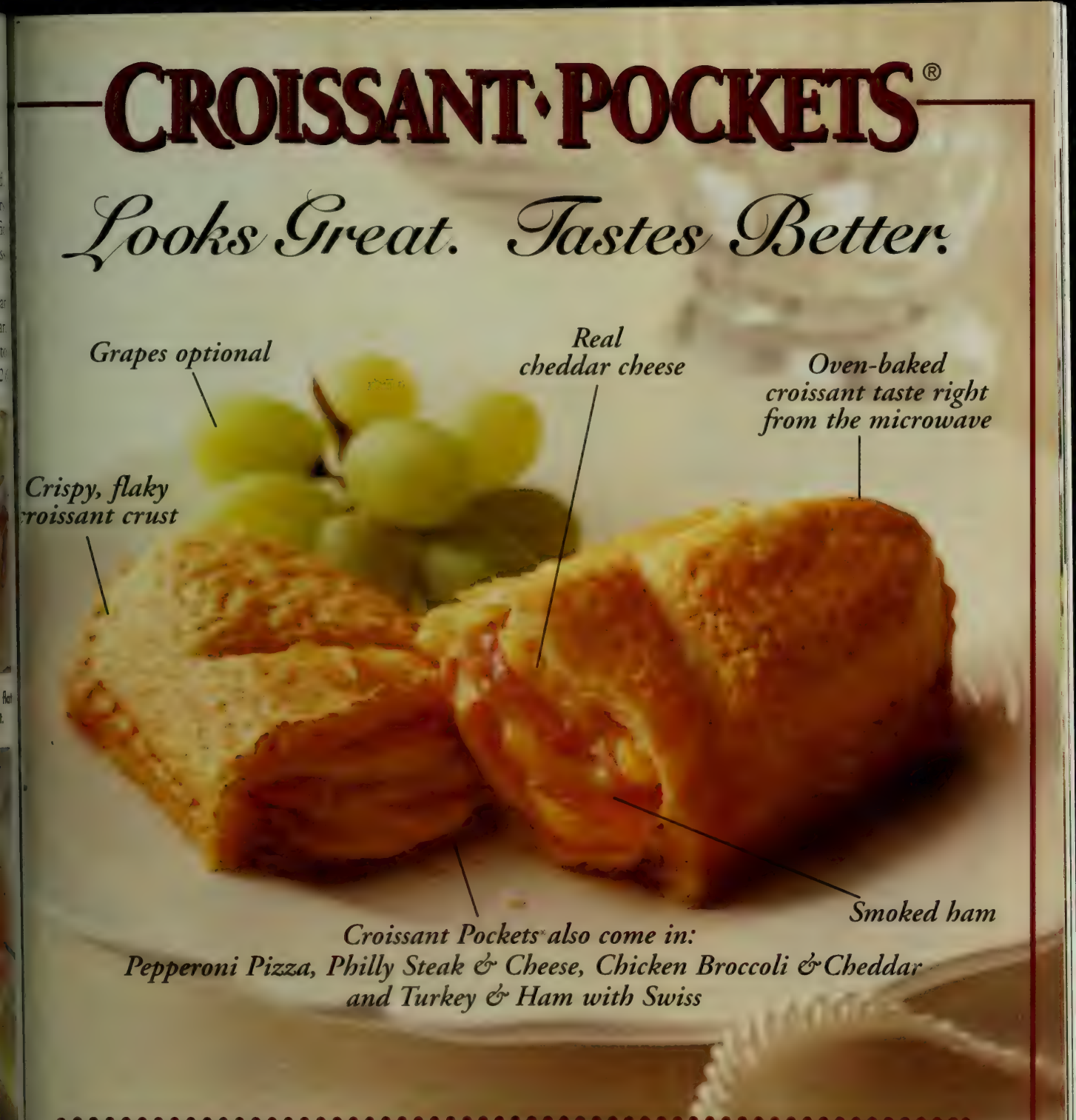
To drain the marinade, place a large, flat plate off-center over the bowl and invert.



Arrange the shrimp in a circle to make a single flat layer in the bottom of a glass bowl. Repeat the layers until the bowl is filled. All the tails of the shrimp should point to the middle.

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Place desired serving platter over the bowl and invert, carefully lifting the bowl away.

paste, honey, garlic, ginger, salt, and ground red pepper. Cover and shake well. Pour marinade over shrimp in bowl. Cover and chill overnight, occasionally placing a larger flat plate tightly over the bowl and inverting to redistribute marinade.

Before serving, hold the plate off-center and invert bowl slightly to drain off marinade (see photo, *page 224*). Repeat inverting and draining until all marinade is drained. Discard marinade. Place serving platter over bowl; carefully invert bowl to unmold (see photo, *above*).

If desired, arrange greens, herbs, lime wedges, cucumber, red onion, and tomatoes around shrimp. Makes about 20 appetizer servings.

Nutrition facts per serving: 131 cal., 3 g total fat (1 g sat. fat), 222 mg chol., 302 mg sodium, 1 g carbo., 0 g fiber, and 24 g pro. Daily Values: 7% vit. A, 6% vit. C, 3% calcium, and 23% iron.

Herbed Feta Spread

This is a fast and easy make-ahead recipe to have on hand. Serve the spread with fresh ripe figs.
Prep: 15 minutes Chill: up to 3 days

- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel)
- 1 4-oz. pkg. crumbled garlic-and-herb feta cheese
- 1 Tbsp. milk
- Several dashes freshly ground pepper
- Fresh figs, halved (optional)
- Lemon leaves (optional)
- Assorted snipped fresh herbs and/or herb sprigs (optional)

In a small mixing bowl combine the cream cheese, feta cheese, milk, and freshly ground pepper. Beat with an electric mixer on medium speed until mixture is well combined and of desired spreading consistency.

Line a 1½-cup mold or bowl with plastic wrap. Spoon cheese mixture into mold; evenly spread in mold, removing any air bubbles. Cover the top with plastic wrap and chill until ready to serve, up to 3 days.

To serve, unwrap and invert molded cheese mixture onto serving platter. Carefully remove plastic wrap. Surround molded cheese with halved fresh figs and lemon leaves. Garnish with snipped herbs and/or fresh herb sprigs, if desired. Makes 15 to 20 appetizer servings.

Nutrition facts per serving: 64 cal., 5 g total fat (3 g sat. fat), 21 mg chol., 150 mg sodium, 1 g carbo., 0 g fiber, and 3 g pro. Daily Values: 4% vit. A, 0% vit. C, 4% calcium, and 0% iron.

Berry Delicious White Chocolate Cheesecake

Be sure to use the reduced-fat cream cheese. Fat-free cream cheese won't give you acceptable results for this party-perfect dessert. When time is short, use the tempting jelly and berry topper to dress up purchased cheesecake.
Prep: 25 minutes Bake: 55 minutes
Cool: 1 hour Chill: 4 hours

- 2 tsp. margarine or butter
- ¾ cup ground toasted almonds
- 2 Tbsp. all-purpose flour
- 1 6-oz. pkg. white chocolate baking squares
- 4 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- 1 cup sugar
- 2 Tbsp. all-purpose flour
- 2 tsp. finely shredded lemon peel or orange peel
- 1 tsp. vanilla
- 5 eggs
- ½ cup milk
- ⅓ cup strawberry jelly
- Fresh red raspberries and/or blackberries and/or blueberries

Preheat oven to 375°. Use the margarine or butter to grease bottom and sides of a 10-inch springform pan. Stir together almonds and the 2 tablespoons flour. Press ground almond mixture onto the bottom of the springform pan. Set pan aside.

In a heavy small saucepan melt the white chocolate baking squares over very low heat, stirring occasionally. Set aside to cool slightly.

Meanwhile, in a large mixing bowl beat cream cheese, sugar, the 2 tablespoons flour, the lemon or orange peel, and vanilla with an electric mixer on medium to high speed until combined. With the mixer running, slowly add the melted white chocolate, beating until combined. Add eggs all at once, beating on low speed just until combined (do not overbeat). Stir in milk.

Pour filling into prepared springform pan. Place springform pan on a shallow baking pan. Bake about 55 minutes or until center appears nearly set when shaken gently. Cool cheesecake in pan on a wire rack for 15 minutes. Use a small metal spatula to loosen cheesecake from sides of pan; cool 30 minutes. Remove sides of pan; cool cheesecake completely.

Transfer cheesecake to cake stand or dessert platter. In a small saucepan heat and stir strawberry jelly over low heat until melted. Remove from heat. Using a pastry brush, generously brush the jelly over top of the cheesecake. Arrange berries on cheesecake. Cover with plastic wrap; chill at least 4 hours before serving. Makes 16 to 20 servings.

Nutrition facts per serving: 378 cal., 23 g total fat (11 g sat. fat), 122 mg chol., 275 mg sodium, 32 g carbo., 2 g fiber, and 11 g pro. Daily Values: 16% vit. A, 14% vit. C, 7% calcium, and 5% iron.



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see page 234 for details

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WINNER

Vicki Shuler, Holly Hill, S.C., in the Cool Summer Main Dishes Category.
June 1998



Cool Shrimp Pizza

Pair this shrimp-cocktail pizza with a garden-fresh salad for a tasty backyard picnic.

- 1 8-oz. pkg. (8) refrigerated crescent rolls
- 1 8-oz. pkg. cream cheese, softened
- ¼ cup dairy sour cream
- 1½ tsp. snipped fresh dill or ½ tsp. dried dill weed
- ½ cup bottled cocktail sauce
- 1 8-oz. pkg. frozen, peeled, cooked shrimp, thawed
- ½ cup chopped green sweet pepper
- ⅓ cup chopped onion
- 1 cup shredded mozzarella cheese (4 oz.)

Preheat oven to 375°. Unroll crescent roll dough and pat dough evenly onto a 12-inch greased pizza pan, sealing perforations. Bake for 11 to 13 minutes or until crust is light golden brown. Remove pan from oven; cool completely on a wire rack.

Meanwhile, in a small bowl stir together cream cheese, sour cream, and dill. Spread cream cheese mixture on top of the cooled crust. Spread the cocktail sauce evenly over cream cheese mixture. Top with shrimp, green pepper, onion, and mozzarella cheese. Cover and chill 2 to 24 hours. Makes 8 main-dish servings.

Nutrition facts per serving: 298 cal., 20 g total fat (10 g sat. fat), 98 mg chol., 619 mg sodium, 17 g carbo., 0 g fiber, and 14 g pro. Daily Values: 20% vit. A, 24% vit. C, 11% calcium, and 10% iron.

Photographs: Scott Little

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Anne Melville-Crosby, Dallas, Texas, in the Incredible Berries Category.
June 1998



Merry Berry Sorbet

A burst of berry flavor tickles your tongue as this frosty creation melts in your mouth.

- 1¾ cups water
- 1 cup sugar
- 1 cup fresh or frozen unsweetened blueberries
- 1 cup fresh or frozen unsweetened blackberries, thawed
- ¾ cup fresh or frozen loose-pack raspberries, thawed
- 1 cup orange juice
- Fresh blueberries, blackberries, and raspberries (optional)

In a medium saucepan bring water, sugar, and the blueberries to boiling. Cook and stir until sugar is dissolved and blueberries are tender (1 to 2 minutes). Remove from heat. Drain berries, reserving liquid; set aside to cool. Meanwhile, in a food processor bowl or blender container combine blackberries and raspberries. Cover and process or blend until smooth. Press pureed berries through fine-mesh sieve; discard seeds.

Place the blueberries and ⅓ cup of the reserved cooking liquid (do not discard remaining liquid) in food processor bowl or blender container. Cover and process or blend until almost smooth. Press blueberry mixture through the fine-mesh sieve; discard skins. In a large bowl combine the pureed mixtures, remaining cooking liquid, and orange juice. Cover and refrigerate for 2 hours or until mixture is completely chilled. Freeze mixture in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Ripen 4 hours. Use within 2 days. Serve individual scoops of sorbet with fresh berries, if desired. Makes about 5 cups.

Nutrition facts per serving: 109 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 28 g carbo., 2 g fiber, and 0 g pro. Daily Values: 0% vit. A, 32% vit. C, 0% calcium, and

PRIZE TESTED RECIPES

see page 234 for details

$200 WINNER

Caroline Simon, Swansea, Mass., in the Incredible Berries Category.
June 1998



Blueberry Rhubarb Crisp

A homespun dessert doesn't get much easier than this fruit combo with a streusel topping.

- 3 cups fresh or frozen unsweetened blueberries
- 2 cups fresh or frozen unsweetened sliced rhubarb
- ½ cup regular rolled oats
- ½ cup all-purpose flour
- ½ cup packed brown sugar
- ½ tsp. ground cinnamon
- ¼ cup butter

For filling, thaw fruit if frozen. Do not drain. Preheat oven to 350°. Place fruit in a 2-quart square baking dish.

For topping, in a medium bowl combine the oats, flour, brown sugar, and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over filling.

Bake for 30 to 35 minutes (40 minutes for frozen fruit) or until fruit is tender and topping is golden. Makes 6 servings.

Nutrition facts per serving: 233 cal., 8 g total fat (5 g sat. fat), 20 mg chol., 88 mg sodium, 38 g carbo., 3 g fiber, 3 g pro. Daily Values: 8% vit. A, 21% vit. C, 5% calcium, 9% iron.



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PRIZE TESTED RECIPES

see page 234 for details

$200 WINNER

Linda Morten, Katy, Texas, in the Cool Summer Main Dishes Category.
June 1998



Mexican Sea Breeze Salad

Cumin adds a special zing to the dressing drizzled on this refreshing crab salad.

- 6 cups mixed baby greens
- 2 cups fresh cooked lump crabmeat or imitation crabmeat
- 2 medium tomatoes, cut into wedges
- 1 medium ripe avocado, peeled, pitted, and sliced
- 1 4-oz. can diced green chili peppers, drained
- 2 Tbsp. finely chopped red onion
- 2 Tbsp. snipped fresh cilantro
- ¼ cup white vinegar
- 2 Tbsp. olive or cooking oil
- 1 Tbsp. sugar
- ½ tsp. salt
- ½ tsp. ground cumin
- Yellow sweet pepper rings (optional)
- Sliced black olives (optional)

Divide greens among six salad plates. Arrange one-sixth of the crabmeat, tomatoes, avocados and green chili peppers on top of each serving of greens. Sprinkle with red onion and cilantro.

In a screw-top jar combine the vinegar, olive or cooking oil, sugar, salt, and cumin. Cover and shake well. Pour some over each salad. If desired, arrange yellow sweet pepper rings and black olives on top of each salad. Makes 6 servings.

Nutrition facts per serving: 173 cal., 11 g total fat (2 g sat. fat), 45 mg chol., 368 mg sodium, 11 g carbo., 3 g fiber, and 11 g pro. Daily Values: 7% vit. A, 36% vit. C, 7% calcium, and 10% iron.

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Healthy Breakfast 1-2-3...

by David Feder, Registered Dietitian

You've had to skip enough breakfasts. How about a tasty reprieve from going hungry before noon? This zingy bacon and egg burrito is low in fat, high in protein, and best of all, "ready to wrap" in about 10 minutes.

For 1 breakfast tortilla wrap:

In a medium nonstick skillet cook until crisp...
1 strip turkey bacon, chopped

Add; cook for 3 minutes...
2 Tbsp. chopped green sweet pepper
⅛ tsp. salt
⅛ tsp. ground cumin
⅛ tsp. crushed red pepper (optional)

Add; cook for 2 minutes...
2 egg whites or ¼ cup refrigerated egg product

Stir in...
2 Tbsp. chopped tomato
Few dashes bottled hot pepper sauce (optional)

Spoon and roll into...
1 warmed 8-inch fat-free flour tortilla

Here's the nutrition scoop: 197 calories, 14 g protein, 6 g fat (1 g sat. fat), 9 mg cholesterol, 753 mg sodium, 24 g carbohydrates, and 1 g fiber. Daily Values: 3% vit. A, 51% vit. C, 5% calcium, and 11% iron.

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Win Money and Prizes

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize:
GE Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

January 1999 Categories

Easy Chowders and Soups: Create a winter warm-up with a new spin. Maybe it's a chicken corn chowder or a soup with portabella mushroom and caramelized onions. Let us know what special flavors entice your family.

Winter-Hearty Casseroles: How about updating an old-fashioned favorite that goes from oven to table? Your original recipe can be a side dish packed with vegetables or a main dish, including meat, poultry, or seafood. Make sure it's a hearty casserole meant to chase away the chills.

This Month's Winners—Pages 229 and 230
$400 Winners: Anne Melville-Crosby, Dallas, Texas; Vicki Shuler, Holly Hill, S.C. **$200 Winners:** Linda Morten, Katy, Texas; Caroline Simon, Swansea, Mass. **$50 Honor Roll Winners:** Harold H. Baxter, Florence, Ore.; Dina De Meo, Manhattan Beach, Calif.; Jenni Elmore, Cambridge, Md.; Edwina Gadsby, Great Falls, Mont.; Cindy Gregory, Troy, N.Y.; Kelli Jachelski, Cumming, Ga.; Lisa Keys, Middlebury, Conn.; Elizabeth Norris, Oakland, Calif.; Joan Quinlan, Woodland, Calif.; Cory Weaver, Leesburg, Va.

Contest Rules: 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. No purchase necessary. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Easy Chowders and Soups" or "Winter-Hearty Casseroles." Specify brands and recipe origin. 3. Send recipes by postal mail to 9901 Food Department, *Better Homes and Gardens®* Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to ptr@mdp.com. 4. Entries must be postmarked by June 24, 1998, and received by June 30, 1998. E-mail entries must be posted by midnight, June 24, 1998. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G®* editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send SASE to above address to receive winner's list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities to entries they are unable to process due to phone, network, hardware, or other technical failures, nor for network, electronic, computer hardware or software failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of winners.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration.

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

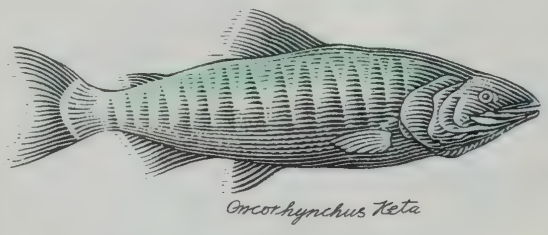
Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

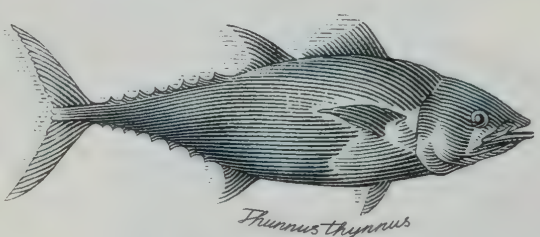
ometimes it's the little things that make the biggest difference. And the
ubtle flavor and delicate crunch of California almonds make a difference
hat's irresistible. So the next time you take the cake, cookie, or
roissant, make sure almonds are in.

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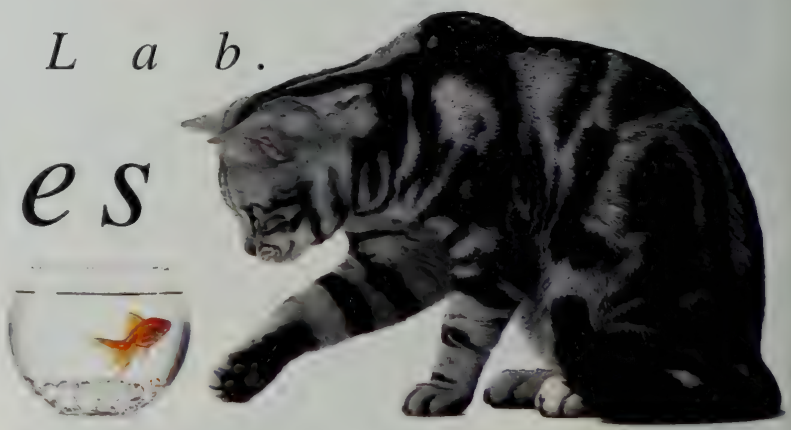


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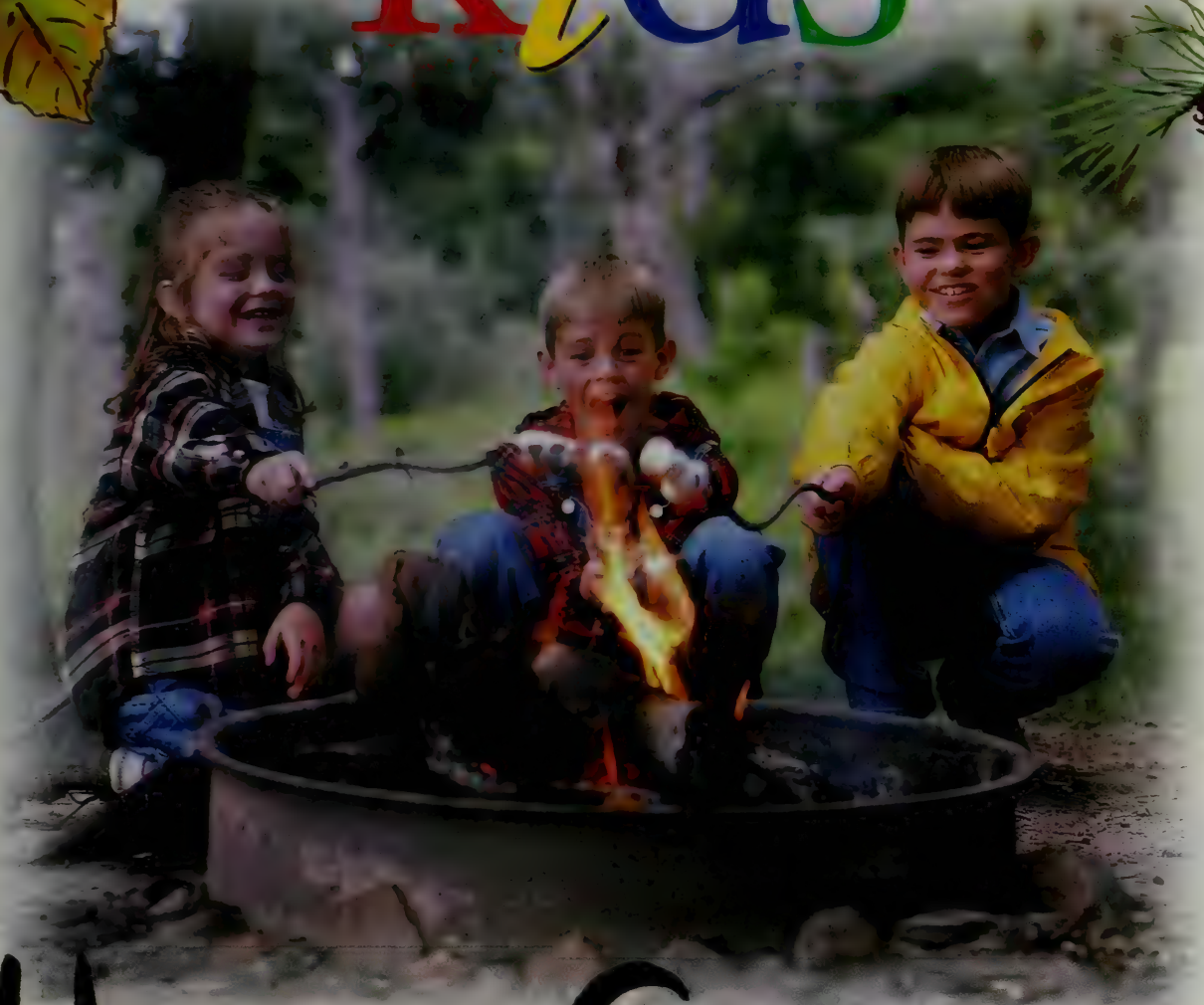


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Happy Camping

Marshmallows flaming on the ends of sticks announce the arrival of the camping season. Whether it's a visit to a local or state park, or a camp-out in your backyard, we'll help you enjoy the season with a game you can play outdoors, a blanket you can turn into a poncho, and such fun projects to make as bark frames, nature bracelets, banners, and gooey banana-boat treats.

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BH&G kids®

continued from page 237

Camp Poncho



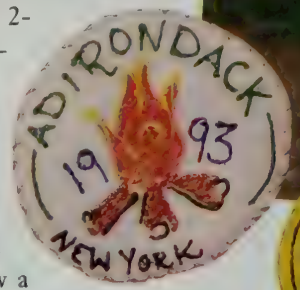
WHAT YOU NEED:

- Polar fleece throw (*about 46 inches by 68 inches*)
- Embroidery floss and darning needle
- Assorted colored felt for patches
- Dimensional paint

Keep warm on cool evenings with a camp blanket that doubles as a poncho. For the poncho, make the opening for the head by folding the blanket in half. Make a 10-inch-long cut lengthwise along the fold in the center of the blanket. Make a small 2-inch slit down from the center opening. As an option, you may finish the cut edge with blanket-stitching.

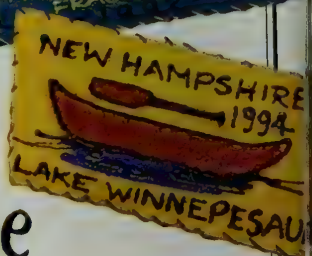
For the patches, cut rectangles, ovals, or circles from felt—about 6×4 inches or 5×5 inches. Use dimensional paint to write the name of the park and the date, and draw a design, such as a canoe, fire, or pine tree. Let dry. Sew onto the blanket with embroidery floss.













Bark Frame

Collect tree bark—from the ground only, please—on your next camping trip and make a photo frame by gluing the bark to some type of stiff, flat backing. To make the backing, cut a 5×7-inch frame (with a 3×5-inch window) from sturdy cardboard, or use a precut, heavy mat-board frame. Trace the frame onto a plain piece of paper. Arrange the bark on the paper tracing, fitting pieces together and overlapping the bark until the whole frame is covered. Break the bark into smaller pieces, if necessary, to fill in spaces. Spread white glue on the frame and move the bark from the tracing to the frame. Press down to secure. Sandwich the frame between two pieces of wax paper to prevent sticking and place under a stack of books to dry and flatten. Place photo in frame.

continued on page 240



Brad, son of Jennifer Auser, Purchasing Agent, Post Cereals Modesto, CA



SHREDDED WHEAT AND KIDS. (THAT WAS A TOUGH ONE) SO WE TRIED A SWEETER APPROACH.

We tried frosting on the outside with a touch of brown sugar inside. We tried honey and nuts baked in. And now kids can't seem to get enough of either Frosted or Honey Nut Shredded Wheat. (If only we tried this sooner.)





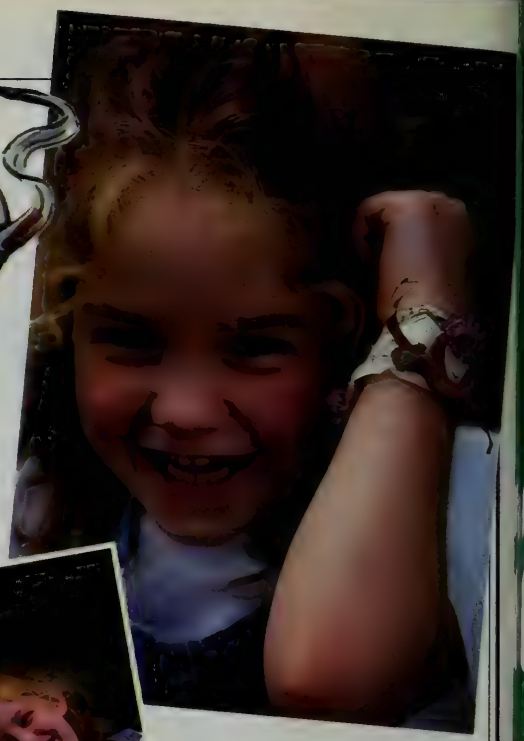
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BREAKFAST MADE RIGHT

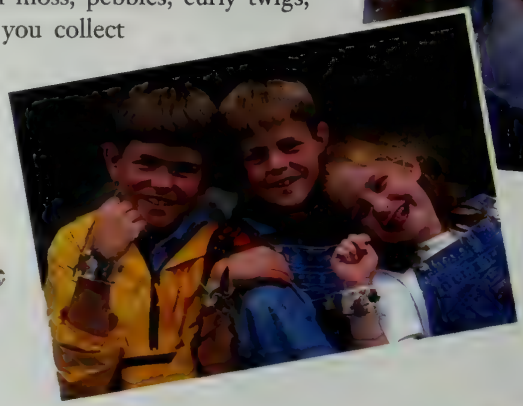
continued from page 238

Nature Bracelets





Pack a roll of wide masking tape with your family's camping supplies and you can make Nature Bracelets wherever you go. Place a ring of masking tape, sticky side out, around the wrist. (For comfort, and to prevent the tape from tearing, leave some room for your wrist to bend.) Collect nature finds, such as bird feathers, dandelions, clover, ferns, leaves, baby pinecones, bits of moss, pebbles, curly twigs, tiny flowers, and flower petals. As you collect these things, gently press them on the sticky tape until you have filled the entire bracelet.



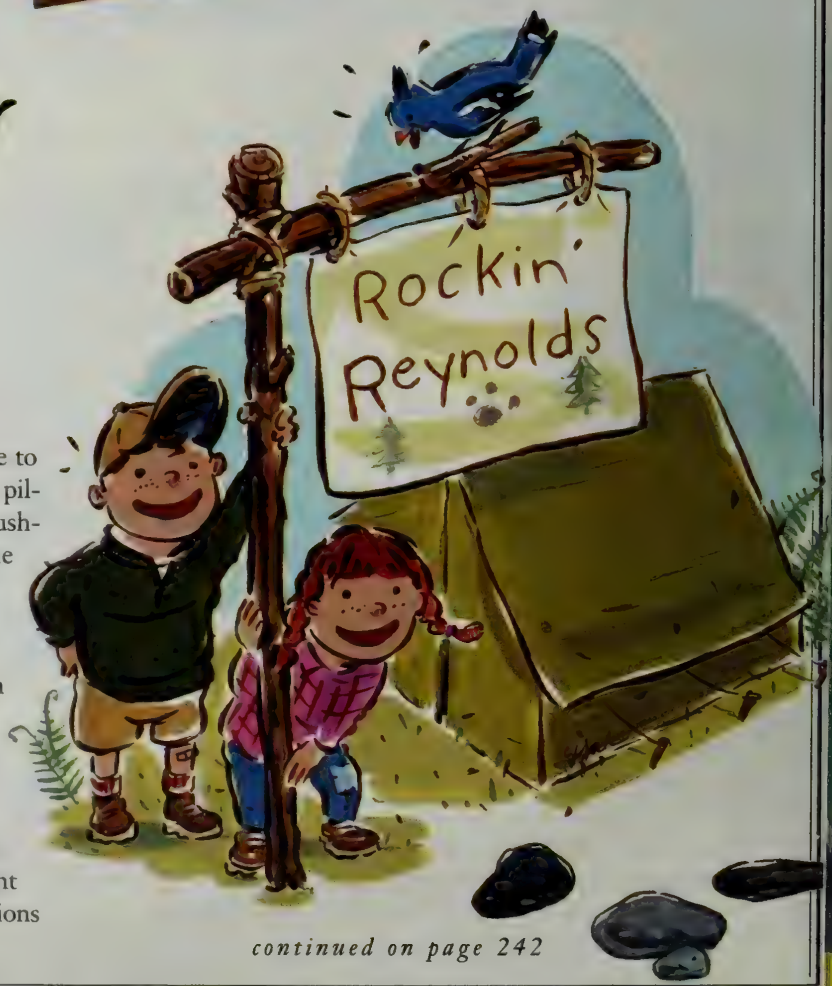


Camp Banner

WHAT YOU NEED:

- Pillowcase
- Acrylic paint
- Paintbrush
- Stick, about 3 feet long
- Twine or string
- *Optional:* Dyes for tie-dyeing

Fly your own family banner to add style to your campsite. Decorate a light-colored pillowcase with acrylic paint. Using wide brushstrokes, write your family's name on the fabric. Outline the letters with a contrasting color. Add other touches, such as paw prints or pine trees. Let dry. At the top of the banner, cut three ½-inch slits, one in the center and the others near the outside edges. Thread twine through the holes and tie to stick. (Optional: Start with a white pillowcase and tie-dye for background color. Special dyes for tie-dyeing can be bought in crafts supply stores. Follow instructions that come with the dye package.)



continued on page 242


Awesome Mom
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Lunchables
LUNCH COMBINATIONS

Home Health Care for Children, With a Healthy Dose of Love



By Dr. Ellen Yankauskas

Raising children can be life's greatest joy and love's greatest test. Until I had children of my own, I had no idea of the mind-numbing fear and panic that a parent feels when his/her child is sick. Even with the advantage of a medical degree, I have felt the helplessness of my treatments not working fast enough as my child cries in pain. It's that feeling so many parents have expressed through time: "Let me have the problem, not my child!"

But what parents need to know is that they are not helpless or inadequate. I know of no medicine so potent as a parent's love. Just the presence and touch of a parent is soothing to a child. And parents can enhance their presence in this healing process by bringing to the child healing rituals that calm, reassure and involve the child. The ritual that almost everyone has used at one time is kissing the boo-boo and making it better. Massage with aromatic oils helps relieve your child through aromatherapy as well as the benefits of healing touch. Warm compresses and baths can be enhanced with herbal additives for further benefits.

While I wish no illness for any child, it is an opportunity for quality time, bonding, and teaching children the skills of self-care that they need to learn.

Of course, should your child not appear to respond to home therapies, don't hesitate to seek medical advice. And, even if your child needs professional help, don't forget that you as a parent play an indispensable role in nurturing your child back to health.

Dr. Ellen Yankauskas, MD, MPH, is a board certified Family Health Physician and founder of the Woman's Center of Family Health in Atascadero, California. She is a contributing author of two editions of the Doctor's Book of Home Remedies, *and hosts a family health radio program called "Ask Dr. Y". Dr. Yankauskas lives in central California with her husband, also a doctor, and two children.*

BH&G kids®

continued from page 240



Banana Boats

Pull back one section of a banana peel. With a butter knife, cut a lengthwise wedge from the banana (or use a spoon to scoop out a section)—eat the part of banana you just removed. Fill the banana with chocolate chips and mini marshmallows. Replace the banana peeling and wrap the whole fruit in foil. Have an adult place the foil package in the campfire's hot embers for two to five minutes, until chips and marshmallows melt. After removing from embers, eat the gooey dessert with a spoon.



Picaria, the Gam

This easy-to-learn (but challenging) game has a long history. Spanish settlers introduced the African game of Achi to the native people of the Southwestern United States. The Keres tribes of New Mexico then modified it to become the game Picaria.

For the game, you'll



need a stick to draw the game board in the dirt. Playing pieces can be simple objects, such as small sticks and stones, acorn tops and pinecones, or some pennies and uncooked macaroni.

GAME BOARD: The playing board is made up of one large square equally divided into four smaller squares. Each of the four smaller squares contains an X drawn from each of its corner points. It helps to create a small indentation at any place where the lines cross each other.

NUMBER OF PLAYERS: Two.

EQUIPMENT: Three playing pieces for each player.

GOAL: To line up three playing pieces in a row.

RULES: Players decide who will go first. (Draw straws, flip a coin, or let the youngest start.) The first player places one piece on any point of the board except the center point. Then the second player puts a piece on the board (the center is off-limits only for the first player's first piece). Continue placing pieces, taking turns.

Players should try to place their pieces on points where they have the most range of movement. The center point has eight choices, for example, while an outside corner has only three. Once all the pieces are placed, the first player makes a move. Players can move in any direction, but it must be along a line to the nearest empty point. There is no jumping in this game. The first player who gets three in a row wins. ⌂



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Most kids love to play outside, and will stay out as long as you'll let them. It's a good thing there's Softlips® Lip Protectant/Sunscreen. Softlips® glides on smoothly to help prevent chapping and protect young lips from the sun's harmful UV rays. It even comes in flavors: Cool Cherry, Sparkle Mint, and new French Vanilla. Your kids will love it and you will too. Softlips® Lip Protectant/Sunscreen is safe for children six months of age and up.



What did your mother do when you caught a cold? Perhaps you remember the soothing touch of her hands rubbing Mentholatum® Ointment on your chest and the sore chapped skin around your lips and nose. Think about the relief you felt when the congestion in your sinuses and chest began to clear, and the pain in your muscles eased. Now think about giving your own children that same wonderful sensation of loving care with the original Mentholatum® Ointment.

Mentholatum® Cherry Chest Rub for Kids® is a cherry scented version of Mentholatum® Ointment developed especially for young children. It works just like the original, but with a sweet aromatic vapor that little noses prefer. Gently rub the ointment on your sick child's chest to ease coughing and help break up congestion. If needed, you can reapply Mentholatum® Cherry Chest Rub for Kids® up to three times a day. It has no known ingredients to cause stomachache, drowsiness, or excitability.





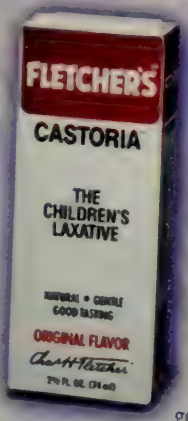
Seasonal cough and colds are especially hard on children, so Mentholatum® Little Nurse® Cold Season Bath for Kids® offers a unique addition to the cold remedies you usually use. It's a gentle, aromatic bath additive that works with the warmth of the bath water to soothe your little ones and provide the special comfort that helps speed them toward recovery.

Little mouths get canker sores and minor injuries of the gums just like adult mouths do, and when young people wear orthodontic appliances, the incidence of mouth irritation can surpass adults. Fortunately, Red Cross® Canker Sore Medication will come to the rescue. Apply directly to the site of irritation, leaving behind a thin coating of medication. Red Cross® Canker Sore Medication will help to relieve your child's discomfort and protect tender mouths while they heal.





Sometimes it seems like kids are always coming home with "boo-boos", scrapes, cuts, and minor burns. Your child wants the pain to stop fast. You want to keep the boo-boo from becoming infected. The solution? Medi-Quik® No-Sting Spray, the first aid spray that quickly relieves pain and itching, with an antiseptic to help protect against infection. Medi-Quik® No-Sting Spray is the first aid remedy that provides rapid relief both to kids and their parents.



Even when a parent tries to prevent it, children occasionally suffer from constipation. Sometimes the condition will correct itself, but other times it doesn't. That's when you need Fletcher's® Castoria®, the Children's Laxative. Trusted by generations of mothers and grandmothers, Fletcher's® Castoria® has a pleasant root beer taste and a natural, gentle active ingredient that provides your child with relief from constipation, generally in six to twelve hours.

The Mentholatum Co., Inc. has established the Family Health Products Group to fund research contributing to family health issues. The Group will identify medical programs at leading universities and issue grants for research in the area of family practice and use of OTC medications.

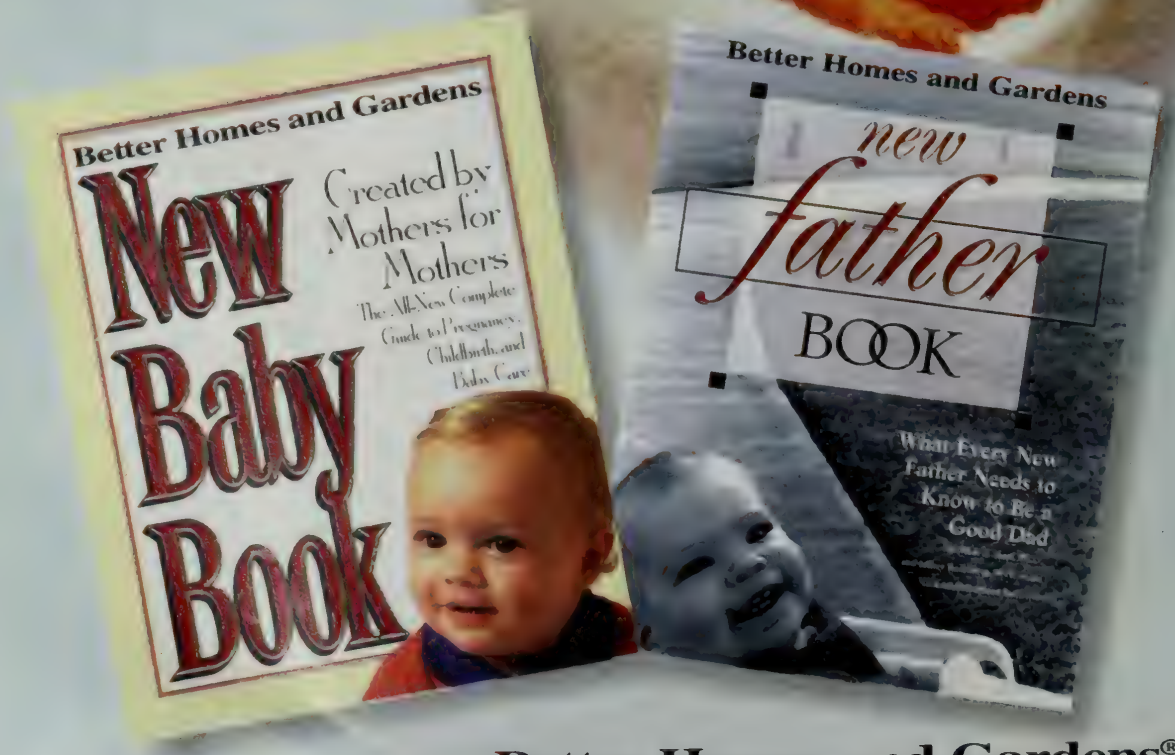
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Oh Baby!

Since 1941, we've helped bring three generations of babies into the world. And now, we proudly announce the **all-new** eighth edition of the **New Baby Book** — with advice from today's leading childbirth experts and real-life wisdom from moms across the country. Plus, we have a special book to help new fathers become *great* dads — the **New Father Book**.

Look for this "twin" arrival wherever quality books are sold!



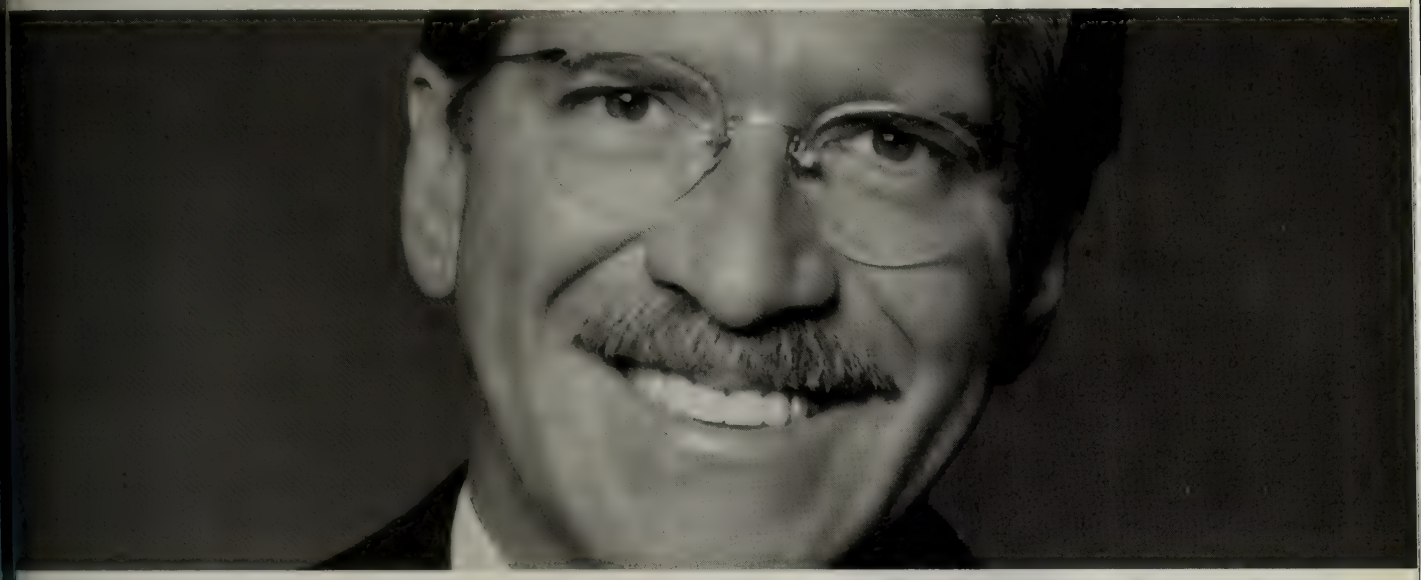


Better Homes and Gardens® Book

Helping you make it happe

Pat O'Brien

Television Host



"Do you know the score?"

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Free Recipe Book

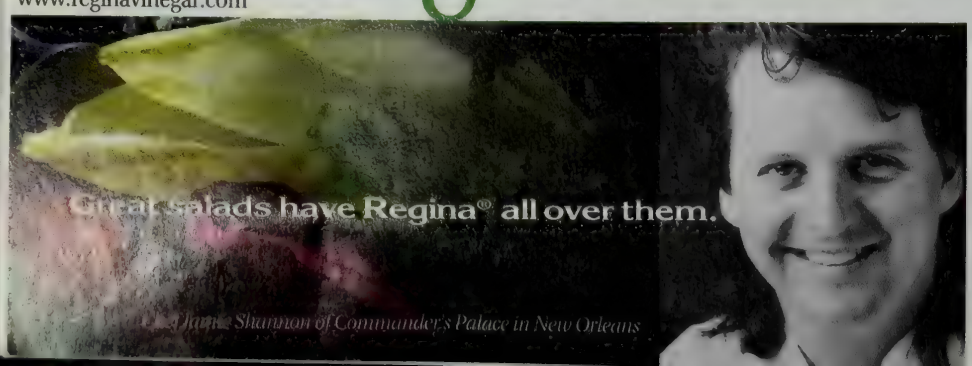
Commander's Caesar Vinaigrette
Chef Jamie Shannon of Commander's Palace in New Orleans

1 egg	1-1/2 tsp. dry mustard
5 Tbs. white onion	1-1/2 tsp. cracked black pepper
1-1/2 Tbs. sugar	2 Tbs. shallots
6 oz. Regina® Red Wine Vinegar	3 Tbs. garlic
3 cups olive oil	4 Tbs. anchovy (optional)

Puree all ingredients except oil. Drizzle in oil to emulsify. Toss with bite-size Romaine lettuce, thinly sliced red onion rings, croutons and shaved Romano cheese. Commander's serves with corn fried oysters!

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Poultry Safety Q&A

Q. *I have heard "cross contamination" should be avoided with poultry. What does this mean?*

A. This happens when you transfer bacteria from one food to another. For example, it may happen when you cut up raw chicken and then use the same unwashed cutting board or knife to cut up foods that won't be cooked (such as a salad or fruit).

To avoid this potential problem, wash hands and utensils thoroughly with soap and water after handling raw chicken or meat. And make sure you use clean utensils when handling cooked meat.

Q. *Is it safe to serve used poultry marinade as a sauce?*

A. When raw chicken is marinated, the used marinade will contain bacteria from the chicken (such as salmonella) that can make you sick. Because heat kills the harmful bacteria, it's OK to use the marinade if you boil it for several minutes before serving. If brushing the uncooked marinade over the poultry, do so at the beginning of the cooking process only.

Q. *An old cookbook of mine recommends cooking a whole chicken in a brown paper bag. Is this OK?*

A. No. Paper bags often contain recycled materials that can catch fire. Or, they may contain harmful chemicals that could leach into the food. You can get the same results of brown-bag roasting by using a purchased roasting bag designed for the technique.

More questions on safety? Call the USDA Meat and Poultry Hotline, 800/535-4555. ♦

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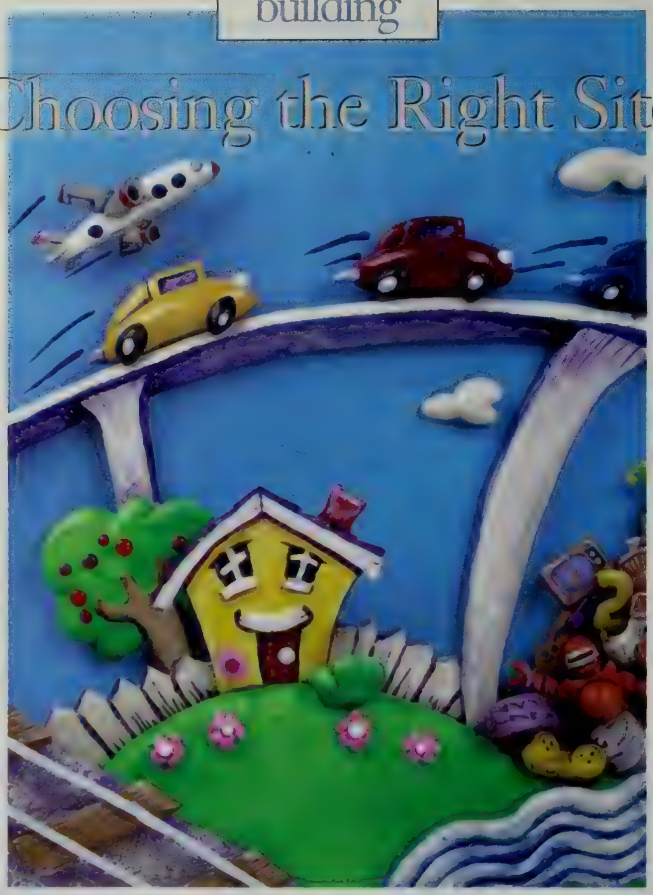
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Choosing the Right Site



by Shawn Gilliam

Building a home involves so many choices, it's difficult to carefully consider each one. Although every decision merits thought, the first one you face is perhaps the most important: choosing a site. Take your time. Here are some points to think about.

• Take a good look at the lot and the surrounding land. Is it aesthetically pleasing? A neighbor's rundown house or junk pile can easily diminish the look—and value—of your home. See whether the neighborhood's values are appreciating, depreciating, or stable. You'll probably want to avoid the area if you see more than three "For Sale" signs on a block, because it can indicate a neighborhood is on the decline. Also make sure the area's home values are comparable to your home's; they can affect resale value.

• Listen for noise. Although zoning regulations usually keep subdivisions away from noisy commercial areas, ordinances can change and noise can travel. Spend some time on the lot to see whether noise is louder during certain parts of the day, such as the morning and afternoon rush hours. Find out whether it carries more at night. Also see whether future development, such as a new freeway, will bring noise and affect your home's value.

• Learn about the land's background. It may have been a marshy area developed with fill. Or, although unlikely, it could once have been home to a commercial or industrial venture, such as a photography lab or gas station. Developers usually check a site's soil for toxic chemicals, but you can investigate, too. The Environmental Protection Agency and state environmental agencies keep records on properties; call them to find out how to get the information. Private companies, listed in the Yellow Pages under a heading such as "Environmental and Ecological Services," will also search these records—but for a fee.

• Make sure utilities are available to the site, and know where they'll enter the property. If sewer service isn't available, you'll need to install a septic system. Likewise, if your site isn't hooked up to city water, you'll need to drill a well. Check with your local building department or county sanitarian for further information. Also look into the availability of police and fire protection, garbage pickup, and snow removal.

• Learn about the property's taxes. An assessor can provide you with an estimate. If your development is new, however, realize that taxes will rise as services are added.

• Make sure the traveling time between the home site and work or school is manageable year-round.

• Check out area amenities—existing and planned. Nearby schools, parks, public transit lines, hospitals, and stores will simplify your life. Also look into the quality of these services—especially the schools. Call the school district for information on class size, school activities, achievement test scores, and money spent on each student. ⌂

OUT OF SITE, OUT OF MIND: WHAT TO CHECK

- ❑ Take a good look at the lot and surrounding land.
- ❑ Listen for noise.
- ❑ Smell for industrial odors or restaurant fumes.
- ❑ Investigate the land's background.
- ❑ Learn whether utilities are available and where they'll enter the property.
- ❑ If your site is near a pond or stream, make sure the water is safe.
- ❑ If radon gas exists in your region, make sure the site is tested to warn you of especially high levels.
- ❑ Keep in mind the views you'll have from your house.
- ❑ Get a property tax estimate from your city or county assessor's office.
- ❑ Try out the commute to work and school.
- ❑ Check out area amenities.


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India Light



by David Feder

In Indian cooking, flavors such as ginger, coriander, and cardamom thread their way through bolder seasonings of cumin and turmeric.

Traditionally, these ingredients are united with generous amounts of *ghee* (clarified butter with butter solids), making many Indian dishes high in fat calories. You can lighten some Indian recipes simply by using less oil; for this meal, there's only about a teaspoon per serving.

Orange Roughy with Mustard Sauce

The cool yogurt sauce tempers this slightly spicy fish dish. Now you can say "namaste" (welcome) to Indian cuisine without welcoming extra calories.
Prep: 20 minutes Cook: 8 minutes

- 1 lb. fresh or frozen orange roughy fillets
- 1 Tbsp. curry powder
- 1 Tbsp. cooking oil
- Nonstick spray coating
- 1 recipe Yogurt-Mustard Sauce
- 1 ½-inch-piece fresh ginger, peeled, cut into matchsticks
- Fresh lime peel, cut into strips

Thaw fish, if frozen; rinse and pat dry. Cut fillets into 4 serving-size portions. In a small bowl stir together curry powder and cooking oil; brush on both sides of the fish.

Spray unheated rack of a broiler pan with nonstick spray coating. Place fish on rack; broil 4 inches from the heat until fish just flakes easily with a fork. Turn halfway through broiling if fish is 1 inch or more thick. (Allow 4 to 6 minutes total per ½-inch thickness of fish.)

Serve with Yogurt-Mustard Sauce, Cumin Rice, and Minted Peas. Garnish with ginger and lime peel. Makes 4 main-dish servings.

Nutrition facts per serving of fish with sauce: 153 cal., 5 g total fat (1 g sat. fat), 61 mg chol., 171 mg sodium, 3 g carbo., 1 g fiber, and 23 g pro. Daily Values: 1% vit. A, 2% vit. C, 5% calcium, 5% iron.

Yogurt-Mustard Sauce: In a small mixing bowl stir together ⅓ cup plain fat-free yogurt, 1 tablespoon lime juice, and 2 teaspoons Dijon-style mustard. Cover and chill for 1 hour before serving. Makes ½ cup.

Cumin Rice

Basmati is a long-grain Indian rice with a nutty flavor.
Prep: 5 minutes Cook: 20 minutes

- 2 cups water
- ¼ tsp. salt
- 1 cup basmati rice
- 1 tsp. cumin seed

In a medium saucepan bring water to boiling; add salt, if desired. Slowly stir in 1 cup basmati rice and 1 teaspoon cumin seed. Return to boiling. Reduce heat; simmer, covered, about 15 minutes or until most of the water is absorbed. Let stand, covered, for 5 minutes. Makes 4 side-dish servings.

Nutrition facts per serving: 171 cal., 0 g total fat, 0 mg chol., 140 mg sodium, 37 g carbo., 1 g fiber, 3 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, 15% iron.

Minted Peas

This puree of peas nicely complements the curried fish. If desired, use a pastry bag to pipe pea mixture onto plates.
Prep: 20 minutes Cook: 4 minutes

- 2 10-oz. packages frozen baby peas
- 1 medium onion, chopped (about ½ cup)
- 1½ cups water
- ½ tsp. salt
- 4 tsp. finely chopped fresh mint leaves or 1 tsp. dried mint, crushed

In a medium saucepan combine peas, onion, water, and salt. Bring to boiling. Reduce heat and simmer, covered, according to package directions or until peas are tender. Drain, reserving liquid. Stir mint into peas.

Transfer cooked, drained peas to a food processor bowl. Cover and process for several minutes until smooth, adding just enough of the reserved liquid (about 3 to 4 tablespoons) to obtain a thick puree. Or, mash drained peas with a potato masher or fork until smooth. Makes 4 side-dish servings.

Nutrition facts per serving: 97 cal., 0 g total fat, 0 mg chol., 270 mg sodium, 18 g carbo., 4 g fiber, and 6 g pro. Daily Values: 6% vit. A, 29% vit. C, 2% calcium, 12% iron.

TAR CHICKEN, GORGONZOLA & PEAR SALAD

- ⅓ cup STAR Extra Virgin Olive Oil
- 2 Tbsp. STAR Red Wine Vinegar
- 2 Tbsp. honey Dijon mustard
- Salt and pepper
- 3 cups diced cooked chicken breast
- 1/2 cup walnuts, toasted
- 1/2 cup crumbled gorgonzola cheese
- 2 pears, halved, cored and sliced
- 14-16 oz. mixed salad greens

1) In bowl, whisk together olive oil, vinegar, mustard and salt and pepper to taste. Add chicken, walnuts and gorgonzola cheese and toss lightly.

2) Place greens on individual salad plates. Arrange sliced pears in fan shape along one side on top of greens.

3) With slotted spoon, divide chicken mixture equally among plates. Drizzle any dressing remaining in bowl over pears and greens.

Serves 4 - 6



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1998 Weekend Mall Schedule

June 12-14: Puente Hills Mall (Los Angeles)
June 19-21: Plaza Camino Real (San Diego)
June 26-28: Meadows Mall (Las Vegas)
July 3-5: Westminster Mall (Denver)
July 10-12: Mid Rivers Mall (St. Louis)
July 17-19: Mall of America (Minneapolis)
July 24-26: Charlestowne Mall (Chicago)
July 31-August 2: Ross Park Mall (Pittsburgh)
August 7-9: Pheasant Lane Mall (Boston)
August 14-16: Trumbull Shopping Park (CT)

building

Keeping Your Cool

Maintenance is next to godliness when it comes to efficient air-conditioning, and although many people call in the pros for annual service, you may be able to spot potential problems yourself.

If you have a refrigeration-type system and want to handle the basic maintenance, follow the manufacturer's schedule faithfully for years of trouble-free service. Before starting up the system for the first time each season, clean the fan inside and the condensing unit outside. Belts should be tight and pulleys oiled. Keep the system's filter clean. If you use disposable or washable filters, change or clean them once a month. Dirt, leaves, and other debris collecting around the unit robs efficiency and increases electric bills.

If you have an evaporative (swamp) cooler, keep water channels free of mineral deposits and change straw-type cooler pads annually.

Remember that you feel better in the shade and so will your air conditioner or cooler. Keep it shaded from direct sun. Landscape for shade, especially at the windows because even the most efficient glass can't stop all heat from radiating inside. Trees, trellises, awnings, vines, and fences also help fend off direct sun.

Air movement is critical too. Running a fan can increase comfort and allow you to turn up the thermostat a few degrees to save energy. Only run fans in occupied rooms because they cool people not rooms.

On cooler evenings, open the windows and use your air conditioner's fan to draw night air inside. Switch the fan off when the new day starts to heat up, and close windows and doors. In some climates, that's all the cooling you'll need.

LENOX

"...Ever this day be at my side, to light and guard, to rule and guide."

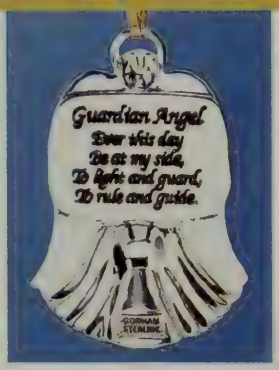
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PENDANT

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For centuries, the belief in a personal guardian angel — lighting and guiding the way — has given strength and comfort in even the most difficult times.

Now, Lenox presents the beautiful *Guardian Angel Pendant* — an expression of this belief in spiritual guidance in a work of fine jewelry.



Reverse side of the pendant, with inscription, shown actual size.

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Through the sculptor's art, the angel is given shape and substance. The pendant will be crafted of solid sterling silver and 24 karat gold electroplate. At its center, the angel holds a fully faceted diamond — using its glow to guide the child placed within her loving care.

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UPKEEP IDEAS FOR YOUR HOME



This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

Rain Reader

Put a few drops of food coloring in your rain gauge, and you'll be able to read the gauge without having to venture outside when it rains.

Karla Green
Fergus Falls, Minn.

Odor-Free Closets

Keep odors and moths away by filling clean socks or stockings with cedar chips and hanging one in each of your closets.

Susan Schimming
Beaver Dam, Wis.

Small Nail Gripper

If a trim nail is too short to easily grasp with your fingers, poke the nail through an index card. Hold onto the card to keep your fingers out of the way as you drive the nail.

Teri Cathcart
Hamilton, N.J.

Soil Filter

To keep soil from spilling out of the holes on large plant pots, try covering holes with drywall joint tape. The tape, available at hardware stores and home centers, is made of fiberglass mesh that will let water drain freely while keeping the soil in the pot where it belongs.

Hulya Kecelioglu
Bellingham, Wash.

That's the Spirit

If you're working with oil-based paints and discover you're out of paint thinner or mineral spirits, you can use cooking oil and a dry rag to get paint off your hands. This works best before the paint has fully dried.

Angelina Quintero
Montebello, Calif.

Create a Drain

Disposable ice chests don't usually come with drains, but you can install your own. Just punch a small hole near the bottom of the cooler, then slip in a pop-up spout from a sport drink's plastic bottle. As the ice melts, open the spout to let out excess water.

Doris Harris
Lineville, Ala.

Easy Storage Rack

Cut the ends off a large coffee tin and nail it vertically to the garage wall. The open-ended can makes a rack for holding shovels, brooms, or other long-handled tools.

E.B. Martin
Colorado Springs, Colo.

Dusting Table

A folding TV table can make weekly dusting easier. Carry this table along as you clean the house and use it as a convenient place to set aside knickknacks and other decorative items as you are dusting.

Shirley Marie Secord
Brown City, Mich.

Emergency Road Marker

Empty liquid laundry detergent bottles can be filled with sand and used to improve automotive safety. If your car breaks down, use the brightly colored bottles as road markers to warn of your car's presence. And if you get stuck in the snow, you can pour out the sand under your tires for extra traction.

Ann Nussbaumer
Guilford, Conn.

Snugging Up a Loose Screw

Here's a quick fix for a loose screw in wood. First, remove the screw. Then, dip several flat wooden toothpicks in carpenter's glue. Pack the screw hole with the toothpicks and let the glue dry. Now drive the screw back into the toothpick-filled hole.

Susan Carroll
Boise, Idaho

Send Us Your Tip

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building

Kid's Room Hideaway



Swing open this secret door and step into a tucked-away room where kids can play and store their toys.



PHOTOGRAPHS: WILLIAM HOPKINS

Hidden behind this bookcase is a cavern that would make Batman jealous. The shelving looks built-in, but flip the latch in the upper right corner and the bookcase becomes the door to a secret room.

But this wasn't always a hideout. Before Suzanne and Steve Mariuicci of Omaha, Nebraska, utilized the space, it was a void created by a sloping ceiling in the second-story bedroom of their son, Anthony.

When closed, the bookcase is easily accessible for a kid's short reach. The bottom rests against the baseboard moldings and the top is only about 5 feet above floor level.

On the front of this disguised door, there are four tall and deep shelves that offer space to display books, pictures, and a few of Anthony's favorite toys.

Behind the door, the ceiling is high enough for the 5-year-old to stand without bumping his head, and when he gets too big to romp in this clever room, it can be turned into a storage closet.

Don't tell, but when Mom says, "Clean your room," you can stash toys and clutter inside the closet.

RIMADYL®

(carprofen)

Caplets

Non-steroidal anti-inflammatory drug

For oral use in dogs only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pain and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of body weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: Rimadyl should not be used in dogs exhibiting previous hypersensitivity to carprofen.

PRECAUTIONS: As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Effects may result from decreased prostaglandin production and inhibition of the enzyme cyclo-oxygenase which is responsible for the formation of prostaglandins from arachidonic acid. When NSAIDs inhibit prostaglandins that cause inflammation they may also inhibit those prostaglandins which maintain normal homeostatic function. These anti-prostaglandin effects may result in clinically significant disease in patients with underlying or pre-existing disease more often than in healthy patients. NSAID therapy could unmask occult disease which has previously been undiagnosed due to the absence of apparent clinical signs. Patients with underlying renal disease for example, may experience exacerbation or decompensation of their renal disease while on NSAID therapy.

Carprofen is an NSAID, and as with others in that class, side effects may occur with its use. The most frequently reported effects have been gastrointestinal signs. Events involving suspected renal, hematologic, neurologic, dermatologic, and hepatic effects have also been reported. Patients at greatest risk for renal toxicity are those that are dehydrated, on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored. Sensitivity to drug-associated adverse events varies with the individual patient. For example, Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in well-controlled safety studies of up to ten times the dose in dogs.

Since a significant number of patients receiving Rimadyl are older dogs, it is advisable to conduct a geriatric examination and to consider appropriate laboratory tests to establish hematological and serum biochemical baseline data prior to administration of any NSAID. Periodic monitoring may be appropriate in certain patients. **Owners should be advised to watch for signs of drug intolerance, such as inappetence, vomiting, diarrhea, melena, PU/PD, anemia, jaundice, lethargy, ataxia, seizure, or behavioral changes.** (See Adverse Reactions section.) Recognition of possible drug-related clinical signs accompanied by withdrawal of the drug, and supportive therapy if appropriate, has resulted in recovery of the vast majority of patients. The side effects of this drug class, in rare situations, may be serious and if corrective action is not taken may result in hospitalization and even fatal outcomes.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's disease), as safety has not been established in dogs with these disorders. The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determine the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies (n=297) which were similar for carprofen- and placebo-treated dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as control.

The following occasionally occurring adverse drug reactions have been reported in association with the clinical use of Rimadyl:

Gastrointestinal: *Vomiting, diarrhea, inappetence, melena, hematemesis, gastrointestinal ulceration.*

Behavioral: *Sedation, lethargy, hyperactivity, restlessness, aggressiveness.*

Hepatic: *Inappetence, vomiting, jaundice, acute hepatic toxicity, hepatic enzyme elevation, abnormal liver function test(s), hyperbilirubinemia, hyperbilirubinuria, hypoalbuminemia. Approximately one-third of hepatic reports were in Labrador Retrievers.*

Renal: *Hematuria, polyuria, polydipsia, urinary incontinence, urinary tract infection, azotaemia, acute renal failure, tubular abnormalities including acute tubular necrosis, renal tubular acidosis, glucosuria.*

Neurologic: *Ataxia, paresis, paralysis, seizures, vestibular signs.*

Hematologic: *Immune-mediated hemolytic anemia, immune-mediated thrombocytopenia, blood loss anemia.*

Dermatologic: *Pruritus, increased shedding, alopecia, pyotraumatic moist dermatitis (hot spots), necrotizing panniculitis/vasculitis, ventral ecchymosis.*

Immunologic or hypersensitivity: *Facial swelling, hives, erythema.*

To report suspected adverse reaction call 1-800-366-5288.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

To obtain technical assistance, call 1-800-366-5288.

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See brief summary on adjacent page for important information.

[1] Proprietary market research, 1997. Data on file, Pfizer Animal Health.

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1998 Better Homes and Gardens®/ NAHB Remodelors™ Council

Home Improvement Contest

OFFICIAL ENTRY RULES:

1 This contest is open to U.S. residents, 18 years of age or older, except employees and their immediate families of Meredith Corporation, co-sponsors and Home Furnishings Council, and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 2, 1998 and received by December 1, 1998. Final entry form must be postmarked by February 1, 1999 and received by March 1, 1999. Final entry must include photos of project, written description of objectives, receipts for co-sponsor prizes and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected or illegible entries.

2 You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 1998.

3 Entries will be judged on appearance, function and cost-effective use of materials. In case of a tie, the entry with the highest score or appearance will be awarded the prize. Judging will be under the direction of Better Homes and Gardens® magazine. Co-sponsor awards are also judged by representatives of the co-sponsor. Decisions of judges are final. All winners except for co-sponsor awards will be chosen on or about June 1, 1999. Co-sponsor winners will be selected by August 1999. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within ten days of notification or a new winner may be chosen. Travel companion of Grand Prize winner will be required to sign a release.

4 **PRIZES:** One Grand Prize includes $10,000, plus an all-inclusive, 7-Day Vacation for Two at the Radisson Cable Beach Resort, Nassau, Bahamas and coach airfare from nearest major U.S. airport (some restrictions may apply), 7 nights lodging, all meals/beverages, on-site activities. Accommodations subject to advance notice, space availability and blackout dates. Trip must be taken within one year from date of awarding. Approximate retail value $4,500. Two Runners-up will receive $4,000 each. Eight Class A/Four First Place winners will receive $1,500 each; Eight Class B/Four Second Place winners $750 each; Eight Class C/Four Third Place winners $300 each; 72 Merit winners will receive $100 each.

5 For a list of prize winners (available after August 1, 1999), send a separate self-addressed, stamped envelope to Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest Winners' List, P.O. Box 14494, Des Moines, Iowa 50306-3494.

6 Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright in all entry material, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his/her family and property by Meredith Corporation and co-sponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication in any other magazine.

7 Contest is subject to all federal, state and local laws and regulations. All liability for federal, state and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law.

8 Residents of AZ, MD, ND and VT are not eligible to win the co-sponsor and Home Furnishings Council Awards. No prize transfer or substitution.

9 "Why My Home is My Haven" Contest Rules. Only eligible entrants to the Better Homes and Gardens®/NAHB Remodelors™ Council Home Improvement Contest may enter. Type or legibly print a 50-100 word essay describing "Why My Home is My Haven." Place in a separate envelope labeled, "Why My Home is My Haven Contest," and include with Home Improvement Contest entry. The essay submitted must be original and cannot have been previously published. Entries will be judged on originality and clarity of expression. Judging will be under the direction of the Home Furnishings Council. Material will become the property of the Home Furnishings Council. By acceptance of prize, winner agrees that all rights, including copyright, are assigned to Home Furnishings Council. Submission of entry constitutes permission to use winner's name, address, likeness and information regarding entrant, his family and property by HFC, without additional compensation.

10 **PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THE PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.**

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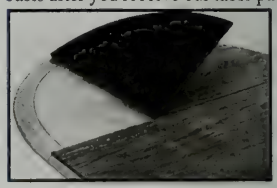
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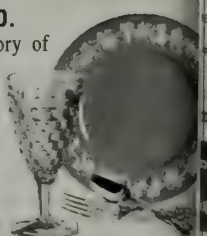
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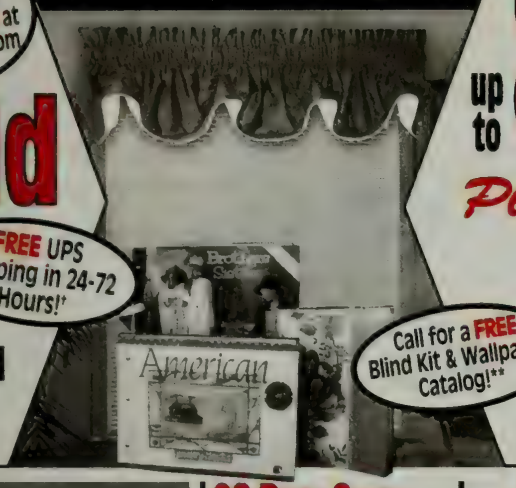
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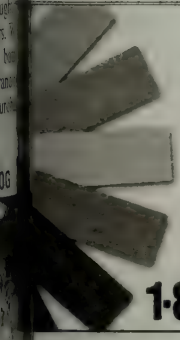
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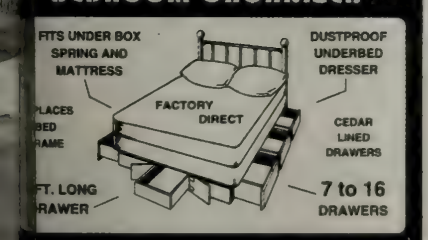
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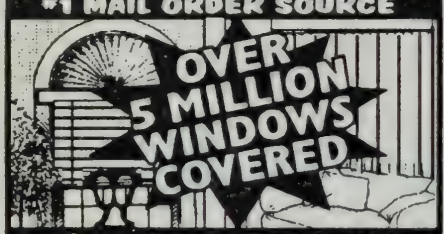
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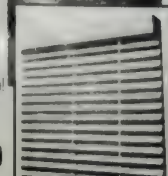

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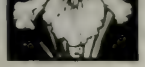


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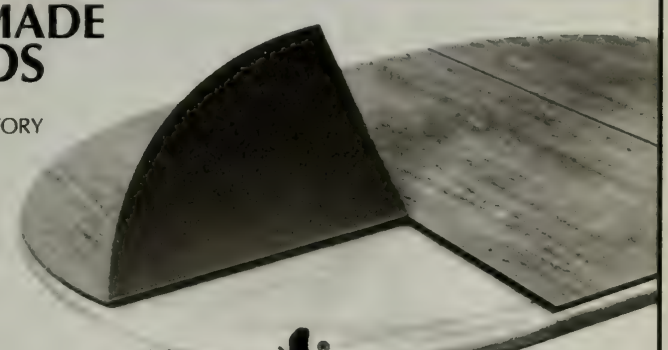
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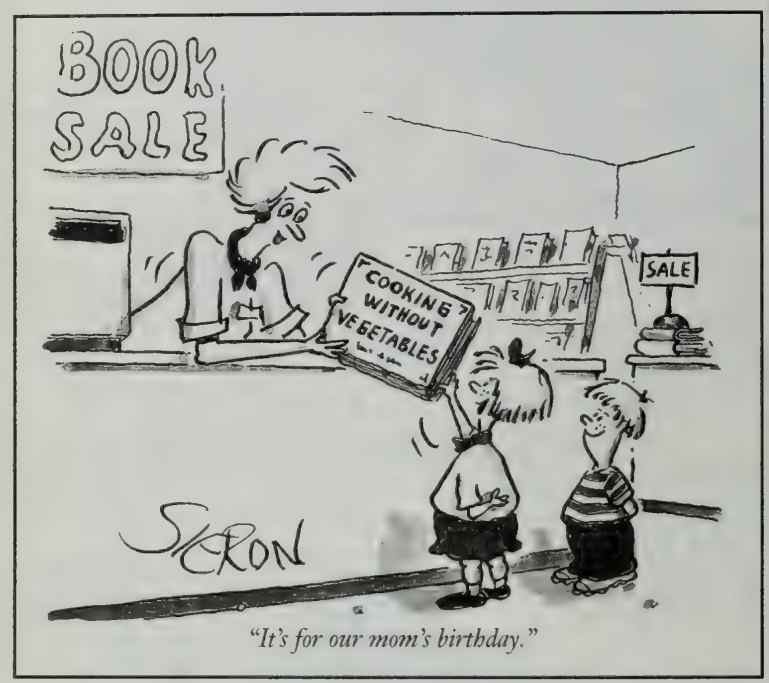
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JUNE 1998



"It's for our mom's birthday."



"This isn't a car. It's a giant purse!"

Grandma Hillis takes a liking to all seasons in our part of the country. "After all," she declares, "June is just another January dressed up for the prom."

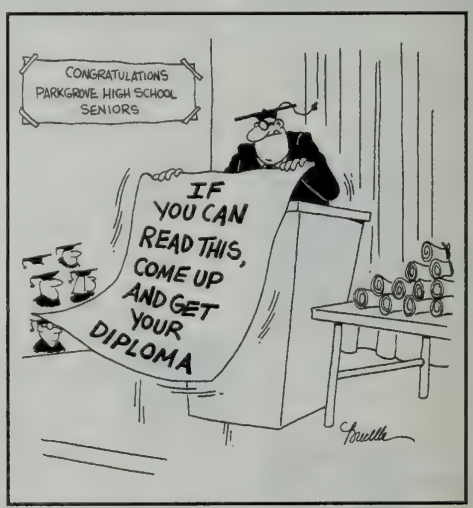
It's easy to tell when the fish aren't biting down at the lake, says resort owner Bill Brodine. It's when customers come in and ask if he sells playing cards.

Lee Bayless takes a pending Internal Revenue Service audit with a bit of optimism. "At least," he says with a sigh, "I finally earned enough for someone to sit up and take notice."

"An easier way to determine if there is life in outer space," claims Bill Norman, "would be to pipe some heavy metal music into space and see if anyone shows up to tell us to turn it down."

Attorney Tim Sizemore was thinking about tracing his family's ancestry, but then decided it would be a lot easier to run for public office and just let the media do the investigative work for him.

Summer is the only time hardware store owner Dale Goebel says he feels he can afford a vacation, but then he gets so busy that he can't manage any time off.



Editor Earl Reeves continually urges his young reporters to work hard to get their facts straight, saying if there is any need to distort the story, he has plenty of space to do it on the editorial pages.

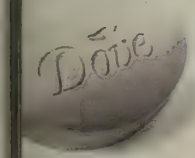
Banker Helen Newsome says one reason so many people tend to run out of money in their checking accounts is that they rely on income earned in five days to cover the high costs of living for a seven-day week.

Burton Hillis

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It started slowly. First, Ben took up the tuba.

Then the cello. Finally, the drums.



The last thing his parents wanted to do was hold him back. So the first thing they did was get a Ford Taurus Wagon.



With all that cargo room, Ben's dad says

Taurus carries a tune just great.

(Ben just rolls his eyes.) And their Duratec engine is custom-made for all those rehearsals: It goes 100,000 miles between tune-ups.**

(The car's, not Ben's.) It makes you wonder how Mozart's parents did it without one.

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